

BRITISH

Everyday Cookery

Revised and Enlarged Edition
(With Thomas)

ILLUSTRATED



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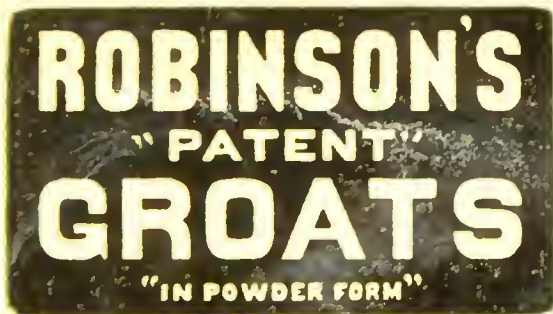
[1910]

Recipe for making Barley Water from



Mix one dessert-spoonful of Robinson's "Patent" Barley with a wineglassful of cold water into a smooth paste. Pour this into a stewpan containing one quart of boiling water and stir over the fire for five minutes. Flavour with lemon and sugar, either or both according to taste, allow the mixture to cool, and strain off the Barley sediment. For INVALIDS requiring nutriment, a larger quantity of barley should be used and the straining of sediment omitted, or not, as directed by the doctor.

Recipe for making Gruel or Porridge from



Take one tablespoonful of Robinson's "Patent" Groats, mix with a wineglassful of water into a smooth paste free from lumps (this is most important). Pour this into a stewpan containing nearly a pint of milk just on the boil. Stir the gruel on the fire while it boils, for ten minutes, and pour it into a basin, adding sugar to taste, or a pinch of salt and a little butter. If a double saucepan is used it will naturally take longer to prepare.

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BRITISH Everyday Cookery

REVISED AND GREATLY ENLARGED.

CONTAINING

930 Carefully Selected and Tested Recipes.

Hints on Carving, Preparing Menus, Laundry Work,
and General Housekeeping.

(75th thousand).



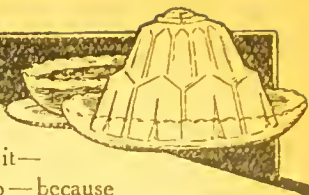
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PREFACE TO BRITISH EDITION.

ENCOURAGED by the *wonderful popularity* of this Cookery Book in New Zealand and Australia, as evidenced by the fact that the *phenomenal sale of the early editions* has been followed by a *large and ever-increasing demand*, the publishers have been induced to issue a British edition in order to give our friends in the Home country an opportunity of obtaining the book.

As the title implies, the intention is to meet the *every-day requirements of the ordinary household* in providing variety in the daily menus at a minimum of cost and labour. While no attempt is made to deal with *very high-class cookery*, instruction is not wanting as to the various *methods of serving and decorating dishes* in a dainty and appetising form.

The book may be specially recommended to *young housekeepers, inexperienced cooks, domestic servants, and students of the art of cookery*; for the writer has dealt largely with the broad principles and general rules governing the art of cookery, placing these in easily intelligible and systematic form under special headings; so that the most inexperienced, after studying these, should have no difficulty with the recipes which follow. The directions are given in a plain, concise manner, and the recipes are so set out that the cook may see at a glance all that is necessary and important.

The Australasian public are evidently of opinion that no other cookery book in the market offers such a large and varied store of information for the price.

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USEFUL EQUIVALENTS FOR WEIGHTS AND MEASURES.

TO MEASURE LIQUIDS.

1 teacup or 5 tablespoons	= 1 gill or $\frac{1}{4}$ pint.
1 breakfastcup	= $\frac{1}{2}$ pint.
4 breakfastcups	= 1 quart, or 2 pints.
1 wineglass	= 2 tablespoons.
4 quarts	= 1 gallon.

TO MEASURE DRY INGREDIENTS.

The following measures must be *heaped up* for ingredients like flour, arrowroot, etc., that weigh *light*; and they must be *level* measures for ingredients that weigh *heavy*, such as sugar, butter, currants, etc.

$\frac{1}{4}$ oz.	= 1 teaspoon.
$\frac{1}{2}$ oz.	= 1 dessertspoon.
1 oz.	= 1 tablespoon.
$\frac{1}{4}$ lb. (4 oz.)	= 1 teacup.
$\frac{1}{2}$ lb.	= 1 breakfastcup.
1 lb. flour.	= 1 quart flour.
1 lb. weight	= 10 eggs of ordinary size.
16 ozs.	= 1 lb. weight.

In liquid measure 1 pint = $1\frac{1}{2}$ lb. or 20 ozs.

EVERYDAY COOKERY.

Soups.

GENERAL REMARKS ON STOCK-MAKING.

MOST soups are improved by having the stock (or *foundation liquid*) *prepared the day before* the soup is required. The fat is more easily removed when the stock is cold.

MATERIALS FOR STOCK.

(a) *For the commoner soups*, any meat and bones, cooked or uncooked, in fact anything in the shape of savoury food, if fresh and wholesome, may be used to make stock; trimmings from joints, remains of cooked meat, vegetables, gravies or sauces (except those containing milk), bacon rinds, ham bones, etc., any vegetables in season used in nearly equal quantities, celery seeds (if the celery is out of season); salt to taste (1 teaspoon to 1 lb. of meat, etc., is a rough measurement), peppercorns, cloves, a blade or two of mace, a bay leaf, or any suitable flavouring. *The water in which a joint has been boiled should be kept for soups or gravies.*

(b) *For a good brown soup stock*, beef is usually the chief ingredient, though mutton, veal, ham, poultry, or game may be used with it in greater or less proportions.

RICH BROWN STOCK.

4 lbs. shin of Beef.	2 tablespoons Dripping.
4 lbs. knuckle of Veal.	3 Onions.
$\frac{1}{2}$ lb. Ham or Bacon (lean)	2 Carrots.
Poultry or Game trimmings.	3 Turnips.
A bunch of Herbs, Parsley, etc.	1 head of Celery.
Mushrooms, Tomatoes.	$1\frac{1}{2}$ oz. Salt
4 or 5 blades of Mace.	4 qts. (about) of cold Water.
Peppercorns, Cloves.	

A MEDIUM (BROWN) STOCK.

4 lbs. shin of Beef.	1 Onion with skin on.
Bones or trimmings of	1 Carrot.
Poultry, Bacon, etc.	1 Turnip.
A bunch of Herbs.	1 Leek or some Chives.
12 Peppercorns.	1 head of Celery.
6 Cloves.	6 or 7 pints of Water.
2 blades of Mace.	Salt.

(c) *For white stocks, uncooked mutton* is used for the commoner sorts, but *veal* is the chief ingredient for the better class of white soups. A *ham bone, poultry, white-fleshed game* or *rabbit* improves the flavour, and makes the stock rich.

WHITE STOCK.

4 lbs. knuckle of Veal.	2 Carrots.
Trimmings of any White Meat.	1 Onion.
$\frac{1}{2}$ lb. lean Bacon or Ham.	1 Leek (white part).
12 White Peppercorns.	1 head of Celery.
1 blade of Mace.	1 oz. Salt.
2 Bay Leaves.	6 or 7 pts. Water.

FISH STOCK.

(d) This is made from the bones, trimmings, and skin of fish, all broken small and flavoured with *onion, parsley, herbs, and seasonings*. *White peppercorns* are used.

SECOND STOCK.

(e) This is made from the materials strained out of the first stock. *Fresh vegetables* and the full quantity of *seasonings* are again added. If the first stock has

been well cooked, and there is not much nutriment left in the strainings, fresh material may be added. The result of the second operation is a stiff jelly ; but, as a rule, there is not much nutriment in it. It serves for *commoner soups*, or as a *foundation for gravies, sauces, etc.*

METHOD OF PREPARING STOCK.

(a) *Usually 1 pint of water is allowed for every 1 lb. of meat and bones, and 1 pint over is allowed for evaporation during cooking. This extra water may be added by degrees to prevent the stock coming to the boil too rapidly. If there is much meat and little bone, 1½ pints or 1 quart of water may be used to 1 lb. of meat and bone.*

(b) Cut up the meat and chop up the bone small, so that the juices may escape easily. *Leave out as much fat, marrow fat, and skin as possible.* Put the bones in, then the meat, and cover all with the water in the proper proportion.

(c) If the stock is wanted for brown soup and the *brown colouring* is particularly desired, the meat may be seared first on a hot pan and the onions may be well browned also. Add about a cup of water, place on a sharp fire and stir occasionally till the bottom of the pot is covered with a kind of jelly ; then add the rest of the cold water.

(d) The meat and bones may be allowed to soak in the cold water for an hour or so to draw the juices ; place on the fire and bring very slowly to boiling point.

(e) Skim it well before it boils much. *A teaspoon of salt added just before it boils makes the scum rise. Take care to remove the scum only and not the coagulated juices which rise also in the form of a thick brown substance.*

(f) *Keep the lid off the pot* till the stock comes to boiling point ; then *keep it on* all the time afterwards.

(g) After it is well skimmed *add the vegetables* cut in rather large pieces, the *herbs* (tied in muslin if dried), the peppercorns, mace, and other *seasonings*. Peppercorns are sometimes soaked in cold water and gradually heated before being added, to draw out the brown colour.

(h) After the stock has again reached boiling point, 212° F., let it just *simmer slowly* for 4, 5, 6 or more hours, according to the quantity being prepared. Do not let it boil again, *add a little cold water*, if needed, to check the boiling. Simmering point is about 160° F. to 180° F. Soups are best kept about 180° F.

(i) When done enough, strain through a colander (or any finer strainer if preferred). When cold remove the fat from the top and wipe over the jelly with a cloth wrung out of very hot water to take away any remaining fat. This jelly may be used as the basis for different kinds of soups.

(j) If clear soup is needed and the stock be not sufficiently well cleared by straining, it may be cleared by using $\frac{1}{2}$ lb. of lean meat (beef is nicest) to each quart of stock, together with a little cut-up vegetable (such as carrot, onion, and celery) ; or use the white and shell of 1 egg to each quart of stock. Whisk all together over a slow fire till boiling, then let it simmer for about half an hour. Strain through a fine tea-cloth dipped in boiling water. The albumen in the raw egg or meat coagulates and attracts all the impurities in the liquid. The stock must be good and strong, as the process of clearing, especially if egg be used, removes some of the valuable properties of the soup.

(k) *Clear soup* is just this good rich stock flavoured and served by itself, or with vegetables cut into fancy

shapes, with macaroni, vermicelli, etc., all of which must be boiled separately in salted water. The stock must be cleared the day it is needed, as it gets cloudy if it stands.

(l) *Broth* is unclarified stock or the liquor in which a joint has been boiled, to which some grain (such as barley, rice, sago, tapioca) and cut-up vegetables have been added. These may be cooked either separately or in the broth. The boiled meat is often served as a second course.

(m) *Thick soup* should be about the consistency of cream. The stock should be good, and it is thickened with some flour, rice flour, cornflour, etc., stirred smooth in a little cold stock or water. Bread, sago, rice or tapioca are also used to thicken.

(n) *Purées* are thick soups, thickened with the substance of which the purée is composed. This is cooked in the stock and then pulped, passed through a sieve and put back. A little cornflour, arrowroot, etc., may be used to bind the solid and liquid parts, so that the heavy ingredients may not sink to the bottom.

(o) *Most soups are as good* (some better) *on the second day* as on the day they are first served; but they must not be warmed up again too quickly or cooked too long after they get hot.

(p) *Do not cover* either cold stock or cold soup.

(q) *In hot weather* stock keeps better if made without vegetables; specially keep out the turnip, as this sours quickly. If required to keep for any time, boil up the stock daily.

(r) *For colouring soups* use "browned onion" or onion skin, chicory or caramel.

(s) If *celery flavouring* is desired, the outside leaves of the plants will do. If these are not available use *celery seed*.

SCOTCH MUTTON BROTH.

3 qts. Water.	4 medium Turnips.
6 lbs. neck of Mutton.	1 large Onion.
4 Carrots.	1 Leek.
4 tablespoons Barley.	Pepper and Salt to taste.
2 teaspoons chopped Parsley.	

Cut the mutton into neat pieces, not too small, and soak for half-an-hour in 3 quarts of cold water. Then put it on the fire and bring to the boil slowly. Skim it well. *A little cold water or salt added helps the scum to rise.* Let it simmer for about $1\frac{1}{2}$ hours. Have the vegetables cleaned and cut into dice, the barley well washed and soaked. Strain the liquor off the meat, allow it to cool, and take off the fat. Return to the pan, add meat (if desired), vegetables, barley, pepper and salt. Simmer for another $1\frac{1}{2}$ hours, skim, add the chopped parsley, and serve.

It is best to prepare the liquor the day before it is wanted, so that the fat can be easily removed; then add vegetables, etc., next day.

COCK-A-LEEKIE.

1 Fowl.	5 qts. Stock.
2 bunches of Leeks.	Pepper and Salt to taste.

Wash the leeks, take off roots and part of the heads. Scald in boiling water for 5 minutes, then cut small. Truss the fowl as for boiling, put it in with the leeks and stock, and boil for $1\frac{1}{2}$ hours slowly (longer if the fowl is not young). Take out the fowl and serve whole, separately; or cut it into neat pieces and serve with the soup. Thicken the soup with fine oatmeal.

BROWN SOUP.

2 lbs. of Beef shin, or any raw meat and bone.	1 head of Celery.
2 small Onions.	1 oz. Flour.
1 medium sized Turnip.	Pepper and Salt.
1 medium sized Carrot.	A bunch of Herbs.
	Dripping.

Put some dripping in a pot. Have the meat and onion cut up, leaving the outer skin on the onion to colour the soup. Dredge the meat with flour, pepper and salt, and fry it with the onion in the dripping. When this is well browned pour off the dripping and add the other vegetables (cut up, but not too small) and the herbs. Cover with 1 quart of cold water and bring it slowly to the boil, adding a little more cold water. Simmer for 3 hours. Strain. Thicken with a little browned flour, and serve. The skimming should be done before it boils. If there is much fat on top, it may be removed by blotting paper before the flour is added to thicken.

This soup, like most others, is better prepared the day before it is needed, so that any fat may be easily removed.

OX-TAIL SOUP.

1 Ox-Tail.	$\frac{1}{2}$ glass Port Wine.
1 slice Ham.	1 oz. Butter.
1 Carrot.	1 Leek.
1 Turnip.	1 head of Celery.
2 small Onions.	1 bunch of Herbs.
1 $\frac{1}{2}$ qts. Water (or 2 qts. second Stock).	1 Bay Leaf
1 tablespoon Ketchup.	4 Cloves and 12 Peppercorns.
	1 dessertspoon Salt.

Cut up the tail into pieces, having first washed it well. Put it in a pot with the butter and onion sliced. Shake the pot now and then to prevent sticking. Next add the vegetables, sliced, herbs, peppercorns, and a cup of the water. Stir occasionally over a sharp fire for about 10 minutes. Then add the rest of the cold water or stock and the salt. Skim well while coming to the boil. Then stand to the side of the stove and simmer gently for 3 or 4 hours until the tail is tender. Take out the tail, strain the soup, thicken it with flour, add some small pieces of the meat again, the ketchup and port wine, and warm up. Serve hot.

If liked, some carrot and turnip may be cut up into fancy shapes, cooked separately, and added to the soup before serving.

KIDNEY SOUP.

1 small Ox Kidney (or 6 Sheep's Kidneys).	2 oz. boiled Macaroni.
1 Onion.	1 large teaspoon Ketchup.
1 qt. second Stock.	1 large teaspoon Wor. Sauce.
Chopped Parsley.	Lemon Juice, Salt and Pepper to taste.
1 oz. Flour.	1 oz. Butter or Dripping.

Skin the kidney, remove the fat from centre, and cut up into dice. Dredge the pieces with flour, pepper and salt, and brown them with the onion in the pot in which the butter or dripping has been made hot. Then add the stock, bring gently to the boil, skim well and simmer for $\frac{3}{4}$ or 1 hour. Have the macaroni boiled in salted water and cut into small pieces, add it, the ketchup, Worcester sauce, salt and pepper to taste. Just before serving add a little lemon juice and chopped parsley, or omit the macaroni and thicken to taste with butter and flour (1 oz. of each) mixed well and fried till brown.

WHITE SOUP.

2 oz. Butter.	1 pt. new Milk.
2 oz. Flour (or Arrowroot).	2 qts. white Stock.
White Pepper and Salt to taste.	

Mix the butter and flour thoroughly and put it in the soup pot. Let it melt, stirring all the time. Do not let it brown. Stir in the milk and let it boil up, then add the stock and seasoning. Let it boil about 15 minutes, and add a little lemon juice and chopped parsley just before serving.

To make it richer, the milk may be omitted, and the beaten yolks of three eggs and a cup of hot cream may be added just before serving. A grating of nutmeg also improves the flavour.

Or, instead of thickening with the *flour*, use a paste made of 3 or 4 oz. of *ground almonds*, a slice of *stale bread*, 3 or 4 oz. of *cold veal* or *fowl*, and a grated lemon rind; this should be simmered 1 hour in the stock. Also *arrowroot* or *vermicelli* may be used.

FOWL PURÉE.

1 Fowl.
 3 qts. White Stock.
 Parsley and a Bay Leaf.
 24 Almonds.
 4 oz. stale Bread.

1 Onion.
 1 lump of Sugar.
 White Pepper and Salt.
 $\frac{1}{2}$ pt. Cream.

Clean a nice fowl and put it in the stock with all the other ingredients except the almonds and the cream. Bring slowly to the boil, skimming well. Simmer till the fowl is tender, about 2 hours. Strain and take the fat off (this is more easily done if the liquid is left till cold).

Take the meat from the fowl, free it from bone, skin and fat, and pound it in a mortar. Have the bread (without crusts) soaked in the stock, mix it with the fowl meat, and put all through a sieve, adding some of the stock to make it go through easily. Put it into a clean pot and heat almost up to boiling point. Have the almonds blanched and pounded, put them in the cream and stir them into the stock. Heat up and serve with prepared *quenelles* put into the tureen.

To make the quenelles.—Keep back the flesh of half the breast of the fowl, pound it, pass through a sieve and mix with 1-3rd of its quantity in butter and 2-3rds in breadcrumbs, the beaten yolk of 1 egg, white pepper, salt, and a grating of nutmeg. Moisten with stock till of a consistency to roll up into small balls the size of a nutmeg. Poach till firm in boiling stock.

Purée of Rabbit may be prepared in a similar fashion.

MULLIGATAWNY.

1 young Fowl.
 4 qts. Stock.
 2 or 3 oz. lean Ham.
 2 oz. Butter.
 1 cup Cream.

4 Apples.
 4 Onions.
 3 tablespoons Curry Powder.
 3 tablespoons Flour.
 Boiled Rice.

Prepare the fowl, bone it and put it on with the giblets, ham, and bones in 4 quarts of stock. Let the fowl boil for 20 minutes then take it out, and let the rest simmer slowly for 1 hour. While the stock is preparing, brown the apples and onions, sliced fine, in a frying-pan with the butter, stirring constantly till much reduced. Mix the curry powder and flour with milk, pour into the frying-pan, let it simmer for 5 minutes, and then add to the stock. Boil up and strain through a wire sieve. Pick out the bones and giblets and rub the rest through the sieve. Free the fowl of skin, cut it into small squares, return it with the soup to the pot; let it boil gently till the fowl is tender, skimming carefully. Just before serving add the hot cream and serve plain boiled rice on a separate dish.

Game, veal, rabbit or fish may be substituted for fowl.

GIBLET SOUP.

2 sets of Giblets.	$\frac{1}{2}$ cup Cream.
2 qts. good Stock.	$\frac{1}{2}$ oz. Butter.
1 dessertspoon Flour.	Seasoning to taste.

Have a good stock made from beef shin, ox-tail, mutton flanks, etc. Scald the giblets, cut up the gizzards small and simmer them slowly in the stock till tender. When done, place the giblets, cut small, in the tureen; strain the soup and put back in the pot. Mix butter and flour, add cream, stir well, and pour into the soup, stirring all the time. Let it boil up for a few minutes, then pour it over the giblets.

The soup may be flavoured with *port wine and ketchup* instead of the cream.

PEA SOUP.

3 qts. Stock.	1 stick of Celery.
1 pt. Split Peas.	1 teaspoon Salt.
1 Carrot.	$\frac{1}{2}$ teaspoon Pepper.
1 Onion.	

Soak the peas ; then add them, with the other vegetables cut up small, to the stock. Boil gently for an hour, and when the vegetables are quite soft, press them through a wire sieve. Return all to the pot, add the seasoning to taste, simmer for 20 minutes and serve with sippets of toast.

GREEN PEA SOUP.

2 French Rolls (or stale Bread)	3 oz. Butter.
3 pints shelled Peas.	4 Lettuces.
2 slices lean Ham or Bacon.	2 handful Spinach.
3 Onions.	2 qts. Stock.

Shred the lettuces, slice the onions and put these with the ham, butter, 2 pints of the peas and 1 pint of stock in a pot and simmer for 1 hour. Soak the crumb of the French roll in the rest of the stock and add. Simmer for another hour. Have the spinach boiled, strained and squeezed dry. Rub the soup and the spinach through a sieve. Have the other pint of peas boiled with a little sugar and salt. Drain them, add to the rest of the soup now thickened with the vegetable pulp. Boil up and season to taste.

ARTICHOKE PUREE.

2 lbs. Jerusalem Artichokes.	3 cups white Stock.
$\frac{1}{2}$ Leek (or 1 small Onion).	2 cups Milk.
$\frac{1}{2}$ stick Celery.	1 tablespoon Butter.
Pepper and Salt to taste.	Flavouring of Lemon Juice.

Pare the artichokes, and when cut up place in a bowl of cold water (to which a teaspoon of vinegar has been added) to preserve the colour. Cut up the leek, and then put it with the artichokes and butter into a pot. Let them sweat for a few minutes in the butter without colouring. Then add the stock, and boil till tender.

Rub the soup through a sieve and return all to the pot. Add the milk heated (half milk and half cream is good) ; boil up, add lemon juice, flavouring, and serve.

ASPARAGUS SOUP.

3 cups Split Peas.	1 Lettuce.
1 teacup Gravy.	$\frac{1}{2}$ head of Celery.
4 Young Onions.	1 cup Cream.
1 $\frac{1}{2}$ cups Asparagus.	3 qts. Water.

Soak the peas and then boil till soft. Rub them through a sieve, and add the gravy to them. Stew the celery, asparagus, etc., all cut up small, in the water for about an hour. Add the peas and gravy and stew for another hour. Add the cream, and colour with spinach juice. Boil up and serve.

GIPSY SOUP.

4 or 5 Leeks.	1 qt. boiling Water.
1 head of Celery.	4 oz. Mushrooms.
1 dozen Potatoes.	1 Cabbage or Brus. Sprouts.
1 dessertspoon Pea Flour.	Seasoning to taste.

Cut the leeks into half-inch lengths. Put them in the quart of boiling water with one teaspoon of salt, and $\frac{1}{2}$ teaspoon sugar. Boil for 30 minutes, then add the celery cut small, and boil for another half-hour. Cut the potatoes in small pieces and boil for 5 or 6 minutes; strain and add to the soup. Moisten the pea flour and stir it in. Boil the cabbage (cut small) for 10 minutes with a pinch of soda, salt, and sugar; strain and add it; then the mushrooms, cut up and stewed in butter, should be added just before serving.

JULIENNE SOUP.

3 pts. good meat or vegetable Stock.	$\frac{1}{2}$ Cabbage Lettuce.
2 oz. Carrot (cut finely).	$\frac{1}{2}$ head Celery.
2 oz. Turnip (cut finely).	1 oz. Onion.
	2 oz. Leek.

Cut into small pipes about an inch long all the vegetables, using only the reddest part of the carrot and the whitest of the celery and leek. Boil these separately in boiling water to which a little salt and sugar has been added. Shred the lettuce and boil it, too, for a few minutes, adding a small bit of soda to keep it a

nice colour. Drain the vegetables, and put them in the tureen. Pour the boiling stock (which should have been cleared with lean meat or white of egg) over the vegetables in the tureen.

COCOANUT SOUP.

2 qts. White Stock.
 $\frac{1}{2}$ pt. Cream.
 1 pt. Milk.
 4 oz. Rice Flour.
 3 oz. Butter.
 1 blade of Mace.

6 White Peppercorns.
 Salt and Cayenne to taste.
 2 Onions (small).
 A large head of Celery.
 6 oz. grated Cocoanut.

Put the stock, seasonings, vegetable, and cocoanut into a pot. Simmer for 1 hour or more, strain, mix the rice flour (or ordinary flour) with the butter, melt it in a pot and stir in the hot milk till it thickens and is quite smooth; then add it to the soup. The cocoanut milk may also be added. Stir in the cream, bring to boiling point, and serve hot.

Almond Soup is made similarly, using almonds instead of cocoanut.

MOCK TURTLE SOUP.

1 Calf's Head.
 1 Old Fowl.
 1 Knuckle of Veal.
 $\frac{1}{4}$ lb. Lean Ham.
 2 or 3 blades of Mace.
 1 oz. Peppercorns.

1 Carrot.
 1 Turnip.
 4 Onions.
 1 Bay Leaf.
 A bunch of Sweet Herbs.
 Salt to taste.

If the calf's head is not prepared put it on in a large pot with cold water to cover and a tablespoonful of washing soda. Bring it to the boil, turning occasionally. Take it out, scrape the hair clean off with a sharp knife. Wash the head well, and put it in cold water. When quite cold, take it out and remove flesh from both sides of the bone. Divide the head. Take out the tongue and saw the bones into nice-sized pieces. Place the bones at the bottom of the soup pot, then the sides of the head, the tongue, the knuckle of veal, the fowl, and the ham. Add about 8 quarts of cold water,

and bring slowly to the boil, skimming well. After it has boiled slowly for an hour or so, take out the sides of the head. Boil another hour; then take out the tongue, skin it, and put aside. After well skimming add the vegetables and seasonings. Let it simmer slowly for another two or three hours. Strain, and let it cool for at least 12 hours. Remove the fat, and put the stock on again with the whites and shells of eggs, or lean meat (and a few sweet herbs) to clear it. Whisk well till it boils; then let it boil 5 minutes without whisking. Let it stand aside for 10 minutes, and then strain well. Cut the tongue and the meat from the head into small inch squares. Put them in the soup and simmer for 10 or 15 minutes. Serve hot with quenelles made from the breast of the fowl (as in Fowl Purée). The juice of 1 lemon, 1 orange, and a little Madeira or Sherry may be added.

MUSHROOM SOUP.

8 oz. Mushrooms.	1 dessertspoon Red C. Jelly.
12 oz. White Haricot Beans.	2 sticks of Celery.
2 Onions.	2½ qts. Stock (or Water).

Cut up the onions and celery small, put them with the beans, a teaspoon of sugar, and a good pinch of soda, into the stock or water, and boil gently for about three hours if the beans are not already soaked overnight. Add water to make up for evaporation. Cut the mushrooms small, add them, and simmer for 1 hour longer. Pass the whole through a sieve, boil up, add the jelly and seasoning to taste, and serve hot.

FISH SOUP.

2½ lbs. Fish.	2 Onions.
2½ qts. Water.	1 Carrot.
A handful of Parsley.	1 Celery stick.
White Peppercorns.	A Bay Leaf, some L. Thyme.
1 teaspoon Salt.	1 oz. Butter.
1 pt. Milk.	1 oz. Flour.

Skin the fish, take out the bones and cut the flesh into neat pieces about an inch square. Put the skin, bones, and trimmings on with the cold water and bring gently to the boil. Skim, add the vegetables cut up, and the seasoning. Simmer gently for $1\frac{1}{2}$ to 2 hours. Strain and put back in the pot. Mix the flour and butter, stir in, add the milk, and keep stirring. Put in the fish flesh and boil for 20 minutes. Season and serve.

COYSTER SOUP.

The stock as made in fish soup may be used for oyster soup. To 1 quart of stock take 18 oysters. Beard the oysters and strain off the liquor; put the beards on with the liquor and a little stock, cayenne and mace. Strain this into the fish stock. Thicken with arrowroot mixed smooth with milk; add milk or cream. Stir well and bring to boiling point. Season to taste. A little anchovy sauce may be added. Put in the oysters last; let them just warm through, but on no account let the soup boil after the oysters are put in. Do not put the oysters in till about 5 minutes before dishing.

Some cooks prefer to scald the oysters. To do this, put them on in their own liquor. Shake the pan occasionally. Let them just boil up. Take off immediately, strain into a basin and remove the beards. Use the liquor for the soup.

To Make 2 Quarts of Oyster Soup.

2 oz. Rice-flour (or other Flour).	$\frac{1}{2}$ pt. Cream.
2 oz. Butter.	3 dozen Oysters.
2 qts. good white Stock.	Pepper and Salt to taste.
2 teaspoons Lemon Juice.	1 tablespoon chopped Parsley.

Instead of 2 quarts of white stock, 1 quart of white stock and $1\frac{1}{2}$ quarts of fish stock with the oyster liquor added, may be used. Mix the butter and flour well, melt it in the pot, stir in some of the stock or a little

milk, add the rest of the stock and let it boil. Add oyster liquor, then the cream; but do not let it come to the boil after the cream is added. Prepare oysters and add them with the seasoning last.

LOBSTER SOUP.

3 pts. white Stock.	2 oz. Butter.
1 small bunch sweet Herbs.	2 tablespoons Flour.
1 Celery stick.	1 cup rich Milk.
1 Onion.	1 tablespoon Lemon Juice.
1 large Lobster.	1 tablespoon Anchovy Sauce.

Wash the lobster, crack and remove the sand bag and brown fin. Pick out the meat from the claws and lay it aside; pound the rest of the meat with the roe, anchovy essence, and lemon juice. Put the trimmings, broken shell, herbs and vegetables cut up into the stock and simmer for 1 hour; strain. Add the pounded flesh and simmer for 20 minutes or more. Rub it through a sieve. Mix the butter and flour and stir in with the hot milk. Let it come to the boil and simmer for a few minutes, adding the flesh from the claws cut into small pieces. If desired a pinker colour, a little cochineal may be added. Season to taste with white pepper and salt if needed. If cream is used instead of milk, use a less quantity, and less thickening is required.

GARNISHES FOR SOUPS.

Garnishes are supplied for clear soups from many materials, such as *meat, cooked ham, game, fish*, etc., cut into dice. *Toast* may be cut in dice or small fingers, and is often served separately.

Grated Cheese may be handed on a dish.

Vegetables, differently coloured and cut into fancy shapes, boiled in salted water till tender, and added before serving make a pretty garnish for a light-coloured clear soup (like *Julienne Soup*).

Macaroni or *Vermicelli*, boiled till tender in salted water, may be strained and added to the soup before serving. *Rice*, *barley*, *sago*, *semolina*, and *Italian paste* (bought ready prepared) may also be used.

FISH QUENELLES FOR CLEAR FISH SOUP.

A little Fish flesh.	1 Egg.
1-3rd its weight in Butter. ¹	Seasoning of Pepper and Salt.
2-3rds its weight in Bread	A little grated Nutmeg.
Panada.	

Mix well and form into small balls (about the size of a gooseberry) on a floured board. Poach in boiling water for 10 minutes. Drain, place in tureen, pour boiling soup over, and serve.

SAVOURY CUSTARD SQUARES.

1 egg.	Seasoning.
1 tablespoon Milk (or white Stock).	

Beat egg and add milk and seasoning. Pour into a buttered cup and steam in boiling water, which should come half way up the cup. May be coloured with saffron, carmine, or cochineal; or finely chopped carrot and parsley may be added. Cook slowly 15 or 20 minutes till custard is firm. When cold cut into fancy shapes, and add to clear soup.

RIBBON MACARONI OR NOUILLES.

$\frac{1}{4}$ lb. Flour.	1 Egg.
1 dessertspoon Grated Cheese.	1 saltspoon Salt.

Beat the egg and mix all with a little water, if necessary, into a stiffish paste, smooth but not too moist. Wrap this in a floured cloth and let it stand an hour or so. Roll out very thin, and cut into narrow strips. Flour lightly and cook a few at a time in boiling salted water or stock for a few minutes. Add to the soup as required.

Gravies and Sauces, etc., for Meat Dishes.

GENERAL REMARKS ON MAKING GRAVIES, ETC.

GRAVIES.

Gravy may be made from the juices which escape from roast or baked meat during cooking. These settle at the bottom of the dish ; the fat floats on top and must be poured quite away. The juices are then mixed with stock and seasoned. For *pork and the richer kinds of poultry* (geese, ducks, etc.) the gravy is usually thickened to modify the richness of the meat. If water has to be used to add to the juices instead of stock the gravy will be improved by the addition of some *meat extract*, such as Bovril, Liebig, etc. If more *colour* is needed, a few drops of caramel, or the jelly-like substance at the bottom of the dripping jar, may be used. The gravy should be dark in colour, well strained, and perfectly free from fat.

To thicken gravy.—Drain off the fat, sprinkle the sediment with flour ; fry this and season it. Then gradually add the stock, stirring well till smooth.

Gravy for stews ragoûts, etc., is usually made before the meat is cooked. One tablespoon of flour to 2 breakfast cups of liquid is sufficient for thickening. For *stews of cooked meat* always use stock ; for *stews of raw meat* water is used.

SAUCES.

Sauces are used either *as a coating* or *as an accompaniment to a dish*. For coating hot dishes the sauce must not be too thin, or it will run off ; but it must be thin enough to cover evenly and form a neat garnish. It is often found best to use a part thick for coating,

and then thin the remainder to run easily over the dish.

Coatings for cold meat often have jelly or gelatine added. These are simply poured over the meat.

Sauce containing starches, such as flour, cornflour, etc., are apt to thicken after cooking if allowed to stand, so must be thinner in the pot than desired for serving. To prevent a skin forming on top, either keep stirring or finish cooking before adding all the liquid required; then gently pour the rest of this liquid over the top of the sauce, cover, and beat in just before serving.

RICH BROWN GRAVY TO SERVE WITH CUTLETS, RISsoles, ETC.

Have any nice vegetables in season. Cut them up small and fry in butter; dredge with flour and brown. Then add stock and seasoning. Simmer gently for 15 or 20 minutes. Strain and pour round. To 1 pint of stock use $1\frac{1}{2}$ oz. of flour.

GRAVY FOR POULTRY.

$\frac{1}{2}$ Onion.	1 cup Water.
Giblets and Trimmings of	Butter and Flour to thicken.
Poultry.	Seasoning.
Herbs.	

Put the neck, feet, and giblets on with the water, herbs and onion. Simmer for 1 hour; strain. Take the liver and pound it and add to the strained liquor. Thicken to taste with a little butter and flour. Season with pepper, salt, and a little mushroom ketchup.

MELTED BUTTER.

1 oz. Butter.	Salt to taste.
1 level tablespoon Flour.	1 breakfast cup Milk or Water.

Mix the flour quite smooth with a little cold water or milk. Warm the milk and butter in a pot. Stir in the flour. Add salt and boil for 4 or 5 minutes to cook the flour. Stir all the time.

Another method is to melt the butter in a pot. Dredge in the flour. Add gradually the milk or water warmed (not too hot) and stir well.

A third method is to mix the butter and flour with a knife to a smooth paste on a plate. Stir this into the warm milk and water.

Stock may be used *instead of water* to make a savoury sauce. If a white sauce is required, white stock must be used.

A richer sauce may be made by using more butter or cream, or the yolk of egg.

A plainer sauce may be made by using less butter, and milk mixed with water.

If the sauce is too thick, thin it by adding more liquid. If too thin, thicken by boiling longer over a sharp fire.

CAPER SAUCE.

Half pint melted butter (*see preceding recipe*). Add 2 or 3 tablespoons of capers and a little of their liquor. Simmer for a minute or two and *serve with* boiled mutton. With a *tablespoon of anchovy essence* added, this is a good sauce to *serve with fish*.

CELERY SAUCE.

Boil some celery till tender in salted water. Put it through a sieve and add it to some *melted butter* (*see above recipe*), made with white stock or the water the celery was boiled in. Flavour with a blade of mace, pepper and salt. Simmer for a few minutes. *Serve with boiled poultry*.

ONION SAUCE.

Make like celery sauce, using onions instead of celery. To *serve with boiled rabbits, roast shoulder of mutton, etc.*

PARSLEY SAUCE.

Add some chopped parsley to a nicely flavoured sauce of melted butter (*see recipe above*).

EGG SAUCE.

Boil 2 or 3 eggs hard. Put into cold water. Shell and chop into small pieces. Add these to a nicely flavoured sauce of melted butter made with milk and stock (white). Nice to *serve with boiled fish*.

ANCHOVY SAUCE.

Add anchovy essence to taste to a savoury sauce or melted butter (*see preceding recipe*). Instead of the essence, pounded anchovies may be used. To *serve with fish*.

OYSTER SAUCE.

Strain the oyster liquor and put the oysters in it. Let this come just to boiling point. Strain the liquor from them and put the oysters in a basin and keep warm. Make a sauce of melted butter with some of the oyster liquor and milk or cream according to above recipe. When ready add the oysters and just let them warm through. If they are boiled they become hard and tough. A seasoning of cayenne may be added. To *serve with fish or boiled poultry*.

MAÎTRE D'HÔTEL SAUCE.

Make a melted butter sauce with rich white stock. Add chopped parsley, and flavour with lemon juice. Season with pepper, salt, and cayenne to taste. *Serve with calf's head, fish, etc.*

MAÎTRE D'HÔTEL BUTTER.

Mix 2 oz. of butter with 1 tablespoon of chopped parsley and the juice of half a small lemon. Use a wooden spoon.

BÉCHAMEL.

Flavour some good white stock with a few mushrooms, a clove, and a few herbs. Simmer these for a time in the stock; strain. Use this stock with cream to make a sauce (*see Melted Butter, p. 24*), using arrow-root or cornflour instead of flour.

Béchamel may be made with milk, or milk and water flavoured with herbs, onions, mushrooms, parsley, etc. The beaten yolks of 1 or 2 eggs must then be added after the sauce is cooked. Stir these in, but do not let the sauce boil again or the eggs will curdle.

APPLE SAUCE.

Peel and core 5 or 6 apples, and stew until reduced to a pulp. Add just sufficient water to moisten them and 1 tablespoon of sugar. A small piece of butter may be added. *Serve with roast pork, goose, or duck.*

Or, boil the apples in a cup of brown gravy and season with cayenne.

BREAD SAUCE.

Simmer 1 small onion in $\frac{1}{2}$ pint of milk. Season also with a blade of mace, cayenne and salt. Strain when the onion is quite tender. Put about a teacup of breadcrumbs (without any hard outside pieces) into a clean pot and pour the strained milk over them. Cover, and allow it to soak for about 1 hour. Add 1 piece of butter about the size of a walnut. Beat up with a fork and serve very hot. *To serve with roast poultry, game, etc.*

The sauce may be made with stock (made from the poultry trimmings) instead of milk.

HORSE-RADISH SAUCE.

Mix 2 teaspoons of made mustard with $\frac{1}{2}$ teaspoon of pepper, 1 teaspoon of salt, 1 teaspoon of sugar, 2 tablespoons of vinegar, and 2 or 3 tablespoons of cream (or milk). To this add enough grated horse-radish to make all of the consistency of cream. Heat it (but do not boil). *To serve with hot roast beef or boiled mutton.*

MINT SAUCE.

Four dessertspoons finely chopped mint leaves, 1 tablespoon sugar, 1 teacup vinegar. Mix the sugar and vinegar till sugar dissolves. Add mint. Will keep

good for some time if well corked in a glass bottle or jar.

Scalding the mint in boiling water before using makes it keep a good colour.

ASPIC JELLY.

This savoury jelly is used to garnish meat dishes. A *rich aspic* is made from stock of which the foundation is veal, cow-heel, ham and poultry trimmings, etc., well flavoured with vegetables, herbs, and seasonings. A glass of sherry is an improvement. A *poorer stock may be used* and gelatine is then substituted for the natural jelly. To 1 quart of liquid use 2 ozs. of gelatine. *Clarify* with the whites and shells of 2 or 3 eggs. Strain through a jelly bag. Use it to mould poultry, etc., as a glaze; or allow it to get cold, cut into shapes and use as a garnish. It may be coloured dark brown with caramel, etc., red with cochineal. *It may be flavoured* with vinegar or lemon juice.

To make a white glaze for cold chicken or other white meats add thick cream to the aspic jelly (1 teacup of cream to 1 breakfast cup of the jelly liquefied).

MAYONNAISE SAUCE.

Mix the yolks of 2 eggs, a teaspoon of vinegar, a teaspoon of made mustard and a good seasoning of salt and pepper in a basin. Whisk well, and then add oil gradually without stopping stirring. Do not let it become too thick; add a few drops of vinegar or white stock to prevent this. About half a pint of oil will be required.

PLAIN SALAD DRESSING.

1 teaspoon made Mustard.

1 teaspoon Sugar.

1 teacup Milk (or Cream).

$\frac{1}{2}$ teacup Salad Oil.

$\frac{1}{2}$ teacup Vinegar.

Pepper and Salt.

Add the oil *very gradually* to the mustard and sugar. Then add the vinegar and milk, likewise *gradually* or the dressing will curdle. The ingredients for salad dressings cannot be mixed too gradually or stirred too much. The *cream may be sweet or sour*. Add the dressing to salads just before serving. Some prefer to serve the dressing separately. Where often required, the dressing may be made in sufficient quantities to last 4 or 5 days. It will keep quite well if bottled and kept in a cool place.

ANOTHER SALAD DRESSING.

1 or 2 Eggs.	1 teaspoon Sugar.
1 teaspoon Salad Oil.	2 tablespoons Vinegar.
1 teaspoon made Mustard.	1½ teacups Cream.
½ teaspoon Salt.	

Boil the eggs hard, place in cold water. Shell them. Pound the yolks and add the other ingredients *gradually*, the vinegar last. Cut the whites in rings and use as a garnish. *More eggs* may be used. *Sour cream* is as good, if not better, than sweet, for dressings.

THICKENING FOR SOUPS, GRAVIES, STEWS, CURRIES, ETC.

If *brown thickening* is required, oil ½ lb. butter, skim it and pour it off the milky sediment into a frying-pan. Stir into the oiled butter ½ lb. flour very gradually. Fry a nice brown, stirring it well. Store in jars for use: it will keep for months.

If *white thickening* is required, prepare it in the same way, but do not allow it to brown.

A *common method of thickening* is to brown some flour on a tin plate in the oven, and mix it for immediate use with cold milk or water.

White thickening is also made from *boiled flour* (see "Invalid Cookery").

Methods of Cooking Meat.

ROASTING.

Roasting is suited only for the best quality and tenderest joints of meat. A "hastener" (or a bottle-jack with a meat-screen) is used for the purpose. It is placed before a *very bright, clear fire*. The joint is hung on the jack, and at first *placed very close to the fire*, so that the surface albumen of the meat, having great heat applied to it, at once forms a coating and keeps in the juices of the meat. *After 10 or 15 minutes*, during which time the meat must be kept turning, draw back and *cook more slowly*. *Turn and baste constantly*, pouring the hot dripping from the pan underneath over the surface of the joint; this prevents the escape of the juices and keeps the surface from getting too dry. The terms "roasting" and "baking" are commonly used as interchangeable terms.

BAKING.

Baking (proper) is cooking in the ovens of our ranges by close, dry heat, the air being seldom changed except when the oven door is opened for basting purposes. Baking takes rather less time than "roasting," but the flavour of the meat is not so good. The joint must first be wiped with a damp cloth and dredged with flour. Place it in a baking tin with pieces of dripping or fat. Some baste it with hot dripping before putting it into the oven. Have the fattest part of the meat up. If very lean, put pieces of dripping or fat over it. *Let the oven be very brisk for the first 10 or 15 minutes, then cook more gradually, basting every 10 or 15 minutes.* *Small joints* are often placed on a wire stand in the baking tin. To prevent them browning too rapidly, wrap in greased paper and remove this just at the last to allow the browning. Half-an-hour before serving, the joint may be lightly dredged with flour.

When cooked place on a hot dish. Serve the gravy, *poured round* (not over), or in a separate dish.

To make the gravy.—Strain off all the fat, put a little water or stock in the baking tin. Boil up, add seasoning and scrape off with a knife any of the juices adhering to the tin. Stir well and strain. If desired thick, mix a little browned flour smooth with stock or water and stir in. (See p. 23, Gravies.)

TIME FOR ROASTING, BAKING AND BOILING.

The *time of cooking* varies with the kind of meat and the kind of joint. Beef needs least time; then, in order—mutton, lamb, veal, and lastly pork. Thin joints, like ribs, shoulders, loins, do not take so long as thick joints, like rounds, legs, fillets, etc., which should have a few minutes more per pound allowed. As a general rule, 15 minutes per pound is the least, and 30 minutes per pound is the longest time required. Lamb, veal, and pork (especially pork) should all be very well done. Tough meats should be cooked long and slowly. Remembering these general rules, the times may be roughly given as follows:—

Beef and Mutton from 15 to 20 minutes per lb., and 15 minutes over.


Lamb and Veal, from 20 to 25 minutes per lb., and 20 minutes over.

Pork and thick Veal, from 25 to 30 minutes per lb., and 25 minutes over.

BOILING.

To boil fresh meat.—Use a pan large enough to hold the meat easily, and enough water to cover it. Have the water boiling fast. Plunge in the joint, and boil up for 10 minutes. This hardens the albumen and seals the pores, so that the juices are kept in the meat. Then draw to the side and just simmer, at about 180° F., until done. If necessary reduce the temperature by

adding a little cold water. Water boils at 212° F. *Skim well* during the process. A little salt thrown in will help to make the scum rise. *Keep the lid on the pot.* When taken from the pot, wipe the meat with a damp cloth or sponge. Some prefer to wrap the joint in a cloth to keep it clean, but if the skimming is well done, this is not necessary. The liquid should be saved for soups or gravies.

 **To boil salt meat.**—If the meat has been salted for a long time, it should be steeped in cold water to draw out some of the salt. This operation, as well as the salting, draws out some of the nutritive qualities, so that salted meat is not so nourishing as fresh. If it has not been long in pickle, it will not be necessary to steep it. Place it in the pot with cold water to cover it, and bring gradually to boiling point. Boil five or ten minutes to seal the pores, then reduce to simmering point (180° F.), and keep at this till the meat is cooked. Liebig, the great chemist, advises treating salt meat like fresh, that is plunging it into boiling water at once. The experience of the writer is that lightly salted meat is best treated like fresh meat, but the method given above answers best for well salted meats, those that have been for a long time in pickle.

Salt meat takes longer cooking than fresh meat. Count the time from the time when it begins to boil. The saltiness may be qualified by boiling vegetables with the meat.

As a rule vegetables should not be boiled with meat ; but if liked, carrots and parsnips may be boiled with beef.

STEWING.

Stewing is cooking gently for a long time in a small quantity of liquid in a well covered vessel either on the stove or in the oven. *Keep the lid on the pot* to keep in the flavours. Some wrap a cloth round the lid to



A Dinner Table (for four). Old Style.

prevent any escape of flavour. This process of cooking is suitable for the coarser, cheaper parts of meat. It makes them tender without the loss of any of their juices. First, a gravy must be made, and flavoured and coloured to suit the stew. Lay the meat in the boiling liquid, boil about 2 or 3 minutes, and then simmer (at about 160° F.) for from 1½ to 2 hours. *Long, slow cooking* is necessary for a good stew.

Browning both sides of lean meat quickly before stewing improves the flavour. If onion is used for flavouring it may be cut up and browned too. For seasoning use about 1 teaspoon of salt and ¼ teaspoon of pepper to 1 quart of stew. A stew may be thickened to taste with *flour, oatmeal, barley, rice, sago, peas*, etc.

FRYING.

Frying may be done by either the dry method ("sauter"), or the wet method ("friter"). *The dry method* ("sauter") is employed where a shallow frying-pan and a small quantity of fat are used. Flat fish, or any thin substance, collops, fritters, pancakes, etc., may be cooked by this method. But the best cooks prefer to do most of their frying by *the wet method*, using a deep pan and plenty of fat. For wet frying it is a great help, though not a necessity, to have a frying basket to fit the pan. This basket should be dipped in the hot fat before the articles to be fried are placed in it, to prevent sticking and the lowering of the temperature of the fat, which should be *very hot*, from 345° F., to 400° F., depending on the material to be fried. For fish 360° F. to 380° F., meat 380° F., parsley 400°. (*Fat boils at about 600° F.*) Fill the pan to be used half full of fat, sufficient to well cover the article to be fried. Bring the fat slowly to that point of heat where a pale blue vapour rises from the surface. Test the heat by throwing in a piece of white bread. If it browns quickly the fat is hot enough. Before frying, the article to be plunged in the fat should

be coated with some material that will harden quickly, to prevent any flavour passing into the fat or the fat passing into the food. *Egg and breadcrumbs or batter* is used for this purpose. The same fat can be used over and over again. It must be carefully strained and removed from the pan after each time of using. *The time for frying is, roughly, from 5 to 10 minutes.*

BROILING OR GRILLING.

The gridiron should be heated and greased to prevent sticking. The fire must be bright and clear. If there is too much flame a little salt thrown in checks it. The cook should never leave the fire while grilling, for the grill must be turned constantly to keep the juices in. Meat for grilling should be from 1 to 2 inches thick. Lift or turn with a spoon and knife or a pair of grilling tongs; if pricked by a fork the juices escape. Do not have too much fat, or it drops into the fire and causes the surface of the grill to be smoky. A little fat is useful to baste the meat. If there is no fat, a few bits of chopped fat thrown on the fire now and then help to baste the meat, for the sudden spurt of flame deposits a little fat on the meat. Experience is the best guide as to the time for *grilling*. Roughly, *from 7 to 10 minutes* is sufficient. With chops and steaks, they are ready when the puffy look which appears as they heat through begins to go away, indicating that the juices are beginning to dry. Foods with little natural fat, such as poultry, kidneys, and *some* fish, may be brushed over with hot fat or rolled in stiff well-greased paper before grilling. Or they may be laid in a marinade for an hour or so before cooking.

A *simple marinade* is made of 1 tablespoon of olive oil or melted butter, 1 tablespoon of vinegar, and pepper; (salt is not used for raw meat, as it extracts the juices).

BRAISING.

Braising is a combination of stewing with baking or roasting. A proper braising pan is a deep stewpan which holds the joint and a shallower one forming the lid which holds hot charcoal or embers. A bed of vegetables with a little stock or water is laid below the joint, etc. If much liquid is used the joint will be stewed; if only a little, it will be steamed. The flavours of the vegetables are cooked into the meat. The charcoal on the lid roasts and browns the surface. Occasionally the lid should be removed, the joint turned and basted with the liquor. Where one has no braising pan the two operations may be carried out separately; the stewing is done first and then the joint is placed in a hot oven to be browned; then it may be glazed with a rich, reduced stock, and a little gelatine added if necessary. *Braising is suitable for solid close pieces of meat*; if of a poor quality, flavour and moisture are thus given to them.

LARDING.

White meats are generally, and *red meats* are sometimes, larded with bacon to improve the flavour. Strips of fat bacon (*lardoons*) from $\frac{1}{8}$ to $\frac{1}{4}$ inch thick and about 2 inches long are drawn through the flesh in rows with a larding needle until the surface to be larded is covered.

METHODS OF COOKING COLD MEAT.

For meat already over-cooked, *stewing* is not so suitable as *frying*. All the unusable parts of cooked meat, such as bones, gristle, overcooked edges, etc., should be trimmed away. These, with a few vegetables, herbs, seasoning, and cold water, should be simmered gently to make stock for gravies. (Mutton and pork trimmings are not of much use for this.)

Hashes are made from the best parts cut in slices or small half-inch cubes. These must be either merely

warmed through, or else simmered slowly for at least 1 hour. During the first half-hour the meat fibres harden, and it takes another half-hour to soften them and to blend the flavours of the vegetables and gravy thoroughly with the meat. The vegetables (onion, etc.) may be slightly browned in a little butter or dripping before being added to the hash.

Colouring may be supplied by using a little caramel, browned flour, or the browning of an onion. The best of all colourings is the dark rich jelly under the cake of dripping poured from a roast joint.

Dishes prepared from cold meat should be served with either *vegetables, rice, tomatoes, or bacon.*

Joints, Made Dishes, Entrées, etc.

BEEF—ROAST SIRLOIN.

The sirloin is one of the choicest pieces of beef for roasting or baking. For the method of cooking see above. Other good joints for roasting are the *fore-rib*, or a *rib* boned and rolled, the *rump*, and the *round*. The sirloin may be boned, the under-cut used for steaks, and the rest rolled and stuffed if liked. Serve with *horse-radish sauce* and *Yorkshire pudding*.

SOUR ROAST.

4 or 5 lbs. fillet of Beef.	$\frac{1}{2}$ teacup Vinegar.
2 tablespoons Butter or Dripping.	1 tablespoon of Sugar.
2 or 3 Onions.	A teaspoon of Peppercorns.
A few Cloves & whole Allspice.	2 cups Water.
A teacup of stoned Raisins.	Salt to taste.

Tie up the fillet neatly. Put the dripping in a stewpan and brown the fillet, and then the onions cut up small. Tie the spices, peppercorns, and cloves in muslin. Put

these with the vinegar, water, sugar, onions and meat back into the stewpan, and stew gently for 4 or 5 hours. An hour before it is ready add the raisins. When ready place the meat (untied) on a hot dish ; boil up the gravy (taking out the spices and peppercorns) and pour it round the meat. May be served with *hot-water dumplings*.

BRAISED BEEF.

6 or 7 lbs. Beef.	1 oz. Flour.
2 Carrots (small).	Herbs, Peppercorns, Cloves.
2 Onions.	Bacon.
2 Turnips.	1 qt. Stock.
2 Tomatoes.	Salt and Pepper to taste.

Choose beef fillets or the leg-of-mutton piece. Lard it with bacon, or if this is not convenient, lay slices of bacon (or ham) on the bottom of the stewpan. Cut up the vegetables into neat pieces and lay over the bacon. Sprinkle the meat with flour, and place it on top of the vegetables. Pour on the stock boiling hot. Put in the herbs, etc., tied in muslin. Boil up for a few minutes, having it covered very closely. Then simmer gently for 3 or 4 hours, turning it and basting it twice. Take out the meat, and put it in a hot oven to brown for half-an-hour. Reduce the gravy (by boiling) to 1 pint ; skim and strain it. Place the meat on a hot dish, with the gravy and vegetables nicely arranged round it. The gravy may be further thickened with flour according to taste. Half the quantity of meat will serve for a small family. It may also be served cold without the vegetables.

STEWED BRISKET OF BEEF.

6 or 7 lbs. of Brisket.	A few Cloves. Peppercorns
3 or 4 slices of Bacon.	and Allspice.
1 Carrot.	Stock or Water.
2 Onions.	Pepper and Salt to taste.
A bunch of Herbs.	

The brisket may be boned, rolled and tied if liked. Brown it slightly in a little dripping. Lay the slices of bacon on the bottom of the stewpan, then the vege-

tables cut up, the herbs and spices tied in muslin, then the meat ; cover just barely with weak stock or water (very hot). Cover closely, keeping in the steam. This may be done by tying a wet cloth over the lid. Bring to the boil and then simmer for 4 hours. Strain the liquor. Part of it may be used as sauce thickened with flour, and part reduced to a glaze (by quick boiling) and poured over the meat. Place on a hot plate, garnish with carrots, turnips, and cabbage, boiled separately, and the thickened sauce poured round.

The bones may be put in to enrich the gravy and taken out before straining the liquor.

A CHEAP STEW OF BEEF.

6 lbs. shin of Beef.	Herbs and Spices.
Vegetables (equal quantities).	Pepper and Salt to taste.
About 2 qts. Water.	

Heat the water, put in the beef sawn into rather small pieces. Bring to the boil, skimming it well. A little salt thrown in makes the scum rise, but too much salt draws out the juices. Draw to the side and simmer for 2 hours. Then slice in the vegetables, add the spices and herbs tied in muslin, simmer another hour or two. Take out the meat and vegetables and keep them hot. Strain the liquor and remove the fat. Thicken with a little flour, pour round the meat, and garnish either with the same vegetables or fresh boiled ones placed round. It may also be garnished with toasted or fried bread cut into fancy shapes.

ROAST ROLLED BEEF (like Hare).

4 or 5 lbs. Sirloin.	A rich Force meat.
2 glasses Port Wine.	1 teaspoon powd. Allspice.
2 glasses Vinegar.	

Take the inside part of the sirloin : soak it for 2 days in 1 glass of wine and 1 glass of vinegar, turning it now and then. Then trim, stuff with force meat, tie

it up and roast it, basting with the other glass of port wine and vinegar mixed with the allspice. Make a good gravy and serve with *red currant jelly*.

SPICED BEEF (To eat cold).

7 lbs. Brisket.	$\frac{1}{2}$ lb. common Salt.
2 tablespoons brown Sugar.	$\frac{1}{2}$ oz. pounded Cloves.
$\frac{3}{4}$ oz. Saltpetre.	$1\frac{1}{2}$ oz. Allspice.

Rub the sugar and spices into the meat and let it lie 12 hours. Rub in the saltpetre and again let it lie 12 hours. Rub in the salt and let it lie another 7 or 8 days longer in the liquor, turning it daily. When it is to be cooked take out the bones, roll it up and tie into a nice shape. Soak it a few hours in water, then dry it and *cover it with a flour-and-water paste* half an inch thick at least. Put a little boiling water into a hot meat tin, put in the meat, and place at once in a *very hot oven*. In about ten minutes reduce the heat of the oven to a moderate degree, and cook steadily for 3 or 4 hours, turning now and then. (*It may also be boiled* like corned beef, and allowed to get cold in the water, but it is not so good this way.) When cold, remove the paste and glaze the beef. The *thick flank* or *rump of beef* may be used instead of the brisket.

PRESSED BEEF.

5 or 6 lbs. Brisket (salted).	Vegetables.
1 oz. Allspice.	2 blades Mace.
2 Bay Leaves.	Herbs. $\frac{1}{2}$

Rub the spice well into the beef, and leave it for a night. Next day cover with cold water and bring it gradually to the boil, skimming well. Adding a little salt (if not already too salt) makes the seum rise. Then add the vegetables cut up and herbs tied in muslin. Simmer slowly for 3 hours. Take out the beef and slip out the bones. Shape between two dishes, and press with a heavy weight until quite cold.

PICKLE OR BRINE FOR MEAT, TONGUES, etc.

6 lbs. Salt.
2 lbs. Sugar.

3 gallons Water.
3 oz. Saltpetre.

Put this on the fire, stir occasionally, and skim when it begins to boil. Boil at least 30 minutes, strain into a tub, and let it stand till cold. This may be used for some time if boiled up occasionally with a little fresh sugar, saltpetre and salt. A fortnight is the average time for pickling, a longer or shorter time according to size and saltiness required.

DRY PICKLE FOR BEEF.

4 lbs. brown Sugar.
3 oz. Saltpetre.
1 teaspoon Pepper.

6 oz. Bay Salt.
1 lb. Common Salt.
A little Allspice.

Rub over the beef and turn every day for a week, rubbing well each time.

ANOTHER BRINE FOR BEEF, etc.

2 qts. Water.
2 lbs. brown Sugar.
 $\frac{1}{4}$ lb. Saltpetre.

2 lbs. Common Salt.
6 ozs. Bay Salt.

Boil all together for 15 minutes. Let it grow cold, put in the meat, and turn it every day for a week.

SMALL CORNED ROUND.

5 or 6 lbs. Rib.

Pickle as above.

Remove the bone, rub a little salt and pepper over the inside. Let it lie for 12 hours. Shape the meat into a nice round, skewer and bind with tape. Cover it with a brine, made as above, for 6 days, turning daily. Drain, and put into very hot water. Boil up for 5 minutes, then let it *simmer* for 2 hours. Remove the tape, replace the skewer with a silver or plated one, and serve with boiled carrots, turnips, parsnips, or plain small dough dumplings.

The *brisket* or a piece of the silver side of the round may be done in the same way.

GRILLED STEAK.

1½ lbs. Steak.
Pepper and Salt.

1 tablespoon Butter.
1 tablespoon Vinegar.

Melt the butter, add the vinegar and half a teaspoon of pepper. Lay the raw steak on a dish and pour this *marinade* over cold. Let it lie for an hour or so, turning now and then. Have the fire bright and clear and grill (see p. 34). When cooked sprinkle both sides with salt, lay a small piece of butter on top, put in the oven for a minute, then dish on a hot dish and serve at once. Those who like *onion flavour* may have the hot dish rubbed over with cut onions. Some put *a very little hot, strong, clear coffee* on the plate in the oven, turn the steak once and dish on a clean hot plate.

SPANISH STEAK.

1 lb. Steak.
2 Potatoes.
Salt and Pepper.

2 small Onions.
3 Tomatoes.
Grated Cheese.

Put a little butter, dripping, or even water, in a baking tin. Have it very hot. Lay in the steak, which should be about 1 inch thick. *Bake* rather slowly for about 15 minutes or so, basting well and seasoning with a little pepper and salt. Slice the onions very thin and cover the meat in an even layer. Bake these till the onions are tender. Then place over a layer of thin slices of potato. Bake till tender. Cover with slices of tomato. Bake again, basting occasionally. Then sprinkle with grated cheese; let it melt, and then serve.

Mushrooms may be used instead of the onion if their flavour is liked.

FRENCH STEAK.

1½ lbs. Rump Steak.
1 tablespoon Butter.
1 dessertspoon Flour.
2 Pickled Walnuts.

1 Onion (small).
1 cup Stock.
½ teacup Mushroom Ketchup.
½ teacup Worcester Sauce.

Brown the steak (cut into neat pieces) in the butter. Take it out and then brown the onion and walnuts chopped small. Add the liquids, boil up, lay in the steak and then *simmer gently* for 1 or 1½ hours. Dish the steak; thicken the gravy with the flour rubbed smooth in a little cold stock; boil it up and then strain over the steak. Garnish with boiled vegetables and serve hot.

ROLLED STEAK.

1½ lbs. Steak.
2 oz. Breadcrumbs.
Pepper and Salt.

Herbs and Parsley.
1 Onion.
1 oz. Butter or Dripping.

Flatten the steak and shape for rolling. Mix the forcemeat, chopping the onion, parsley, etc., very fine. Spread a layer of the forcemeat on the steak, roll it up and bind with twine. Lay it in a pie-dish with a cup of boiling water or stock, cover and *bake 40 minutes*, basting occasionally. Remove the cover and let it brown just at the last. Flavour and thicken the gravy, and serve hot. Or it may be baked in the ordinary way, first dredging with flour. *Some people prefer the rolls stewed. A layer of bearded oysters instead of the forcemeat makes a pleasant change.*

PRETTY DISH OF BEEF FILLETS.

2½ lbs. Beef Fillet.
2 oz. Butter.
1 lb. Brussels Sprouts.
Chopped Parsley.

1 oz. Glaze.
Lemon Juice.
2 or 3 Tomatoes.
Mashed Potatoes.

Cut the beef into neat round slices 1 inch thick, and fry or grill. Then brush over with melted glaze. Have the fat neatly cut and fried or baked. Skin the tomatoes, slice thickly and bake for a few minutes. Cook the sprouts, mash with butter and seasoning. Arrange the mashed potatoes in a circle, the fillets (each with a piece of fat and a tomato on top) round the potato. Place the sprouts in a dome-shape in the centre of the

potatoes. Make *maître d'hôtel butter* (see *Sundries*), and place here and there in small pats just before serving.

BEEF OLIVES.

1 lb. Steak, skirting or fillet.	2 teaspoons Parsley.
3 oz. Breadcrumbs.	A little Lem. Rind, or Onion.
1½ oz. Suet.	A pinch of Mace & Nutmeg.
1 teaspoon Herbs.	1 Egg (to bind).
2 cups Stock.	Salt and Pepper.

Flatten the meat and cut into rolls 4 inches long, 2 inches wide, and ½ inch thick. The trimmings may be chopped fine and added to the forcemeat. Mix the bread, suet, seasonings, etc., with the egg (or milk) to bind. Put a piece on each piece of steak, roll up and tie. Brown the olives in a little dripping, cover with stock, and *stew gently* for 1 hour. Season and thicken the gravy and pour it round. May be served round mashed potatoes as an entrée. The gravy may need to be browned with caramel or other colouring.

SCOTCH COLLOPS.

1½ lbs. Steak.	1 Onion (small).
Pepper and Salt.	1 dessertspoon Butter.

Mince the steak finely. Chop up the onion and pour boiling water over it. Let it stand a few minutes, then drain, and put with the steak, butter, pepper and salt to taste. Add about a tablespoon of water, and beat over the fire. Cook gently for about half-an-hour, beating it occasionally to prevent the meat getting into lumps.

This makes a *nice breakfast dish* with poached eggs served on top, and fried bacon round the edge of the dish.

STEWED OX-TAIL AND KIDNEYS.

1 Ox-tail.	1 oz. Dripping.
6 Kidneys (sheep's).	1 oz. Flour.
1 teaspoon Salt.	½ small teaspoon Pepper.
1 pt. Water.	Vegetables.

Mix flour, salt and pepper. Wash the tail and cut into joints. Skin and halve the kidneys, taking out the centre fat. Dip the joints and kidneys in the flour, etc., and brown them in the dripping. Brown also a large onion. Have a carrot and a turnip cut into dice. Pour away the fat from the pot, put back the meat and onion and 1 pint of hot water. Stew gently for about 2 hours until the joints are almost tender. Add the carrot and turnip, and stew another hour or so. Take out the joints and kidneys. Strain the gravy and make it thicker with flour and seasoning if necessary. Pour over the meat and serve hot.

The kidneys may be omitted, and the tail is then dished with the vegetables. Or the carrot and turnip may be omitted when the kidneys are used.

OX-HEART STUFFED.

1 Heart.

Veal Stuffing.

1 cup rich Gravy.

Soak the heart for 3 hours in warm water. Remove the lobes and stuff the inside with a good veal forcemeat, and sew it in. Place a greased paper over the heart, and *roast* it for 2 hours. Baste frequently. *Serve with a rich gravy and currant jelly.*

VEAL—VEAL STEWED.

A knuckle or part of the breast may be used. It may either be stewed whole or cut up into pieces. Brown it first in dripping. Cut up two onions and brown them also. Put onions and veal into a stewpan with hot stock (made from the bones) or water to cover, add seasoning. Bring to the boil, then simmer for 2 hours. Skim off as much fat as possible. Strain off as much gravy as is required, thicken and flavour to taste. Boil some *green peas* and *shred lettuce* separately. Sprinkle these over the veal, placed on a hot plate. Pour the gravy round. It may be *garnished with forcemeat balls* or *rashers of bacon* fried. Some prefer to serve it with *boiled bacon*.

STEWED BREAST OF VEAL WITH OYSTERS.

1 Breast.	18 Oysters
Force meat (see p. 88).	12 white Peppercorns.
$\frac{1}{2}$ oz. Flour.	1 tablespoon Butter.

Bone the veal, and make a stock of the bones with vegetables, herbs, etc. Stuff the veal with a good forcement and tie it up. Put it into a saucepan and cover with the stock. Add peppercorns. Simmer for 2 hours or more. When nearly ready, make a sauce with the butter, flour, and some of the liquor. Beard and blanch the oysters, and cook them for a few minutes in the sauce. Dish the veal, and pour the sauce over. *Garnish with slices of lemon and forcemeat balls.*

ROAST FILLET OF VEAL.

Bone the veal, replace the bones with a good forcemeat (see p. 88), and tie up the meat in a round form with broad tape. Dredge with flour and roast. *Serve with boiled ham or bacon, pickled pork, and slices of lemon with a good gravy made from stock.*

GALANTINE OF VEAL (hot or cold).

7 or 8 lbs. Breast.	Force meat.
$\frac{1}{2}$ lb. Ham or Bacon.	Pickled Cucumbers, etc.
$\frac{1}{4}$ hard-boiled Eggs.	

Lay the veal flat, having boned it first. Brush with egg, sprinkle with pepper and salt. Put on alternate layers of forcemeat, slices of ham or bacon, slices of egg and sliced pickles. (The latter may be omitted.) Roll up into a round shape and tie tightly into a cloth, sewing it firmly. Put it into a deep flat dish, and put a weight on it to keep it flat and in shape. Next day *simmer* it for 3 hours in a stock made the day before from the bones. Make a sauce with flour and some of the liquor; boil up and season. Just before serving add a teacup of cream to the sauce, taking care not to let it boil. Dish the veal (taking the cloth off), pour the sauce over, and *garnish with sliced lemon or*

cucumbers. Bread sauce (see p. 27) may be served with it also.

If wanted cold, when taken from the pot press it, putting heavy weights on top. When cold, take it out of the cloth, brush over with glaze, and *garnish with parsley or aspic jelly* (see p. 28), *hard-boiled eggs sliced, and salad.*

MOCK PIGEONS.

2 slices Veal.
 $\frac{1}{2}$ pint Stock.

Force meat.

Take two or more slices from a fillet of veal, take out the bones, flatten them, and spread with a forcemeat. Roll up and bind into oblong rolls. Lay in a deep dish and pour over some stock or rich gravy. Turn another dish over them and *bake* in a moderate oven for about 2 hours, basting them well with the gravy. Let them brown to a nice colour at the last without the cover. Take out the gravy, thicken with brown flour, and season it with pepper, salt and ketchup. Boil it up, and pour part over the mock pigeons, and serve the rest in a gravy tureen.

DUTCH SWEETBREADS.

$\frac{1}{2}$ lb. Lean Veal.
 2 oz. Beef Suet.
 2 oz. Breadcrumbs.

$\frac{1}{2}$ Lemon Rind (grated).
 Pepper, Salt, Nutmeg.
 1 Egg.

Grind veal and suet to a smooth pulp. Add breadcrumbs soaked (but not too moist) in cream or milk, seasoning and beaten egg. Divide into three and make up into sweetbreads. Poach in white stock (or water) flavoured with a blade of mace and a little celery if possible, and seasoned. Cook 20 minutes. Dish with a good white sauce. Garnish with slices of lemon.

MUTTON—COLONIAL GOOSE.

Leg of Mutton.

Forcemeat.

Carefully remove the bone by working round it gradually from each end with a knife. Do not break the skin. Fill the place that the bone occupied with a forcemeat made of 2 small cups breadcrumbs, 1 parboiled onion chopped fine, 1 teaspoon salt, $\frac{1}{2}$ small teaspoon pepper, chopped parsley, thyme, sage, 1 teacup suet or about 2 tablespoons dripping, minced lean bacon or ham. If the bacon be fat, use less suet or dripping accordingly. Bind the forcemeat with milk or an egg. Sew up the openings. Dredge with flour and *roast or braise*. Make a good gravy with stock made from the bone, vegetables and seasoning.

LEG OF MUTTON (For Small Family).

Cut the leg in two. Boil the shank end and serve with caper or onion sauce (see p. 25). Bone and stuff the other end with a stuffing as in above recipe, and roast or braise it. If the mutton is boiled, serve it with carrots, turnips, and greens or peas nicely arranged round it. The centre of the turnips must be scooped out and each alternately filled with chopped carrot or greens. Or chop up the vegetables separately with a little butter and seasoning, mould them in small cups, turn out and place round, adding a very little finely chopped parsley on the top of each shape.

If the meat is suspected of toughness add a little vinegar or the juice of half a lemon to the water in which it is boiled.

Or part of the leg *may be salted or dry pickled*. Also *steaks* may be cut off and fried or *devilled* or grilled: they may be shaped into *cutlets* and a *stew* or *curry* made of the cuttings with a little more meat added. With the addition of a little good stock and some pastry a good *mutton pie* may be made from part of the meat.

SHOULDER OF MUTTON à la GOTHARD.

1 Shoulder.
 $\frac{1}{2}$ lb. Oatmeal.
 1 teacup Water.
 1 Onion.

1 teaspoon Salt.
 $\frac{1}{2}$ small teaspoon Pepper.
 2 tablespoons Suet.

Put the oatmeal, pepper and salt into a basin and pour the water over all. Let the oatmeal absorb the water. Chop the onion fine and add a little salt to it ; then pour boiling water over it and let it stand 5 or 6 minutes ; then drain, add it with the suet chopped fine (dripping will do) to the oatmeal and mix well. Bone the shoulder and fill with the stuffing. Skewer, sew or tie up into a good shape, flour and *bake*. If any of the stuffing is left over, bind with a little egg, roll into balls, bake or fry in fat, and serve on a separate dish.

NECK OR BREAST OF MUTTON BAKED.

Bone and stuff with an oatmeal or breadcrumb stuffing as given in above recipes.

NECK OR BREAST OF MUTTON BOILED.

Bone, stuff and boil with vegetables. Serve with white sauce (see p. 25) poured over ; garnish with the vegetables.

NECK OR BREAST STEWED WITH GREEN PEAS.

Cut the meat small, brown it in dripping after dredging with flour, pepper and salt. Have the meat as lean as possible. Cut up an *onion* or *two*, a *carrot* or turnip. Put these into the stewpan with the mutton. Cover with boiling water and boil up ; then remove to the side and simmer for $1\frac{1}{2}$ hours. Strain off the liquor. Remove the meat and the vegetables. Put back the meat, remove as much fat as possible from the liquor ; put back into the pot as much liquor as will be required. Thicken with a little flour if liked. Add the *peas* and simmer till done. A *little bacon* added to the stew gives a nice flavour.

MOCK VENISON.

Loin of Mutton.
Port Wine.
 $\frac{1}{4}$ lb. Dripping.

Sugar and Pepper.
2 lbs. Flour.

Cut away all the kidney fat, take off part of the flank, skin it, and either bone or notch it. Mix a little raw sugar and black pepper and rub this well into the mutton; moisten it with port wine, cover with the skin and let it lie for 4 days. Make a paste out of the flour, dripping and boiling water: roll it out large enough to cover the mutton. Take off the skin and place the mutton in the paste. Cover all with a piece of strong buttered paper and tie round. *Bake* at least two hours in a quick oven. Take off the paste, glaze the mutton and *serve with a rich gravy and melted red currant jelly*. *Hot claret* may also be served in a sauce tureen.

ROLLED LOIN OF MUTTON.

6 lbs. of Loin.
 $\frac{1}{2}$ teaspoon Pepper.
1 saltspoon Allspice.
1 glass Port Wine (if liked).
 $\frac{1}{2}$ teacup Ketchup.
1 saltspoon Mace.

1 saltspoon Nutmeg
1 saltspoon Cloves.
Force-meat.
Pepper and Salt.
A little Sugar.

Bone the mutton and rub it over with the spices and sugar. Leave it for a day or so. Make a force-meat and stuff it and roll it. *Half bake* it in slow oven. Let it get cold, remove the fat, flour the meat and *stew* it till tender in gravy. Take the meat out, unbind it and place in a hot dish. Add the wine and ketchup to the gravy, boil up and pour over the meat. A few mushrooms added to the gravy and boiled a few minutes improve the flavour. *Serve with red currant jelly*.

HARICOT MUTTON.

3 lbs. Neck (or Loin).
2 or 3 Onions.
1 Carrot.
2 cups Stock or Water.
Herbs.

1 Turnip.
2 oz. Dripping.
1 tablespoon Flour.
Pepper and Salt.

Have the best end of the neck or the loin chops. Trim the cutlet and beat each to about 1 inch in thickness, leaving about an inch end bone. Brown the cut-up vegetables and the cutlets in the dripping. Remove them and pour off the grease. Pour in the stock and add the flour mixed smooth with cold water. Strain it, and put in a clean pan (or in the same one, if freed from grease). Boil up the gravy, add the cutlets, and stew for half-an-hour. Then add the vegetables and simmer again till these are cooked. Dish the vegetables in the centre, the chops round, and pour over the gravy. Small onions may be used with 1 large one, the former kept whole and added with the other vegetables.

IRISH STEW.

2 or 3 lbs. Broast Mutton.
3 cups Water.

4 lbs. Potatoes.
4 large Onions.

Cut off a good deal of the fat from the meat ; put the meat into a stewpan and pour over the water, made very hot. Add a little pepper and salt and stew gently for 1 hour. Take the meat out and cut it into nice squares. Skim the fat off the gravy. If the potatoes are small and nearly of one size, they may be used whole. If not, cut them into rather thick slices. Slice the onions. *If the strong onion flavour* is not liked, pour boiling water over them, add a little salt and soda and let them stand 10 minutes before using. Then place a layer of potatoes, meat and onions alternately in the pot ; pour in the strained gravy and cover closely. Stew gently for another hour, shaking now and then to prevent burning. Add pepper and salt to taste.

CHINA CHILO.

1½ lbs. Mutton.
2 Onions.
1 teaspoon Sage.
1 cup Water.

2 or 3 Lettuces.
1 pt. Green Peas.
½ teaspoon Pepper.
½ cup Butter.

Mince the mutton, which must not be very fat. Chop up the onion and lettuce, and put all the ingredients except the peas together in a stewpan. Simmer for about $1\frac{1}{2}$ hours closely covered. Add the peas and simmer till they are cooked. Serve with a border of rice round the dish. It may be made hotter by the addition of more pepper or cayenne.

HOT-POT.

1 to 3 lbs. Neck of Mutton.	Potatoes.
Onions.	Seasoning.

Cut the meat off the bones in layers. Butter an earthenware dish, line it with a layer of parboiled potatoes sliced, and then slices of prepared onion (see Irish Stew), then add a layer of slices of meat, then potatoes and onion, and then meat, till the dish is full, sprinkling each layer with salt and a little curry powder. Pour in a cup of stock (for 3 lbs. of meat). Place a few small potatoes on the top of all, cover closely, and *bake* till the top potatoes are thoroughly done. A little more stock may be added when about half cooked. Serve in the dish it was cooked in, with a napkin folded round. *Cold mutton* may be used instead of raw.

TO CURE A MUTTON HAM.

1 Hindquarter Mutton.	1 oz. Saltpetre.
1 lb. Salt.	1 Nutmeg (grated).
6 oz. brown Sugar.	$\frac{1}{2}$ oz. Pepper.

Cut the mutton into the shape of a ham. Mix the other ingredients, and rub them well into the ham every day until all the mixture is rubbed in. Then press with a heavy weight. Let it lie from 14 to 18 days, turning every 3 days and rubbing well with the pickle. Take it out, let it drain, and then hang up in a dry kitchen. If you have means for smoking it, do so. When wanted to boil, soak it for a few hours in water, then put it on in cold water and boil for about 2 hours after it comes to the boil.

SPICED SHOULDER OF MUTTON.

4 oz. coarse brown Sugar.	1 teaspoon ground Mace.
1 dessertspoon powd. Cloves.	1 saltspoon ground Ginger.
1 teaspoon Pepper.	3 oz. Salt.

Mix all but the salt, and rub into the shoulder. Next day rub in the salt. Turn twice a day, and rub occasionally with the pickle for 8 or 9 days. Then roll it up. It may be boiled or cooked in rashers.

BAKED MUTTON CHOPS.

Trim the chops, sprinkle with pepper and salt, *dip in batter*, and bake in a quick oven. Or the chops may be allowed to lie in a *marinade* for 2 or 3 hours. Make the marinade by mixing 2 tablespoons of olive oil, 2 tablespoons vinegar, 2 bay leaves, a few herbs, a blade of mace, a sliced onion, and pepper.

Some prefer to have them fried in boiling fat after dipping in batter.

DAINTY MUTTON CUTLETS.

7 or 8 Cutlets.	3 or 4 Mushrooms.
Some cold Chicken.	Grated Nutmeg.
1 White of Egg.	Pepper and Salt.
Breadcrumbs.	

Mince and pound about half a cold chicken, with a few mushrooms, grated nutmeg, pepper, salt, and a little white of egg. Have the cutlets trimmed, dip them in white of egg, then in the mince (putting mince on both sides), dip again in white of egg. *Fry* in boiling fat. Serve on a napkin, garnished with parsley and mushrooms.

PRETTY DISH OF CUTLETS.

6 or 7 Cutlets.	Slices of boiled Ham.
Vegetables.	2 or 3 Eggs.
Butter Sauce.	Vinegar.
Red Currant Jelly.	Seasonings.

Cut out of carrot, turnip, French beans, boiled ham, and the hard-boiled white of eggs, some narrow 2-inch

strips and some diamond shapes. Parboil the vegetables. *Make a butter sauce* out of 1 oz. of butter and a tablespoon of browned flour, 1 cup of stock, 1 shred onion, 1 tablespoon of spiced vinegar, 1 dessertspoon of red currant jelly, and 1 doz. cloves. Boil this up for a few minutes and strain, adding a little more stock if too thick. Return to the pot and add some of the cut-up vegetables, ham, etc., a few pickles, 1 tablespoon sherry, and a little cayenne. Dip the cutlets in egg and then in a mixture of breadcrumbs, chopped parsley, minced ham, pepper and salt, and fry in boiling fat for 5 minutes. Arrange the cutlets on a hot entrée dish, pour the sauce in the centre and strew the rest of the vegetables (boiled), boiled ham, etc., on the top. The different colours make a pretty dish.

LAMB—ROAST FORE-QUARTER OF LAMB.

Lamb should be cooked soon after killing. It must be thoroughly cooked, no red gravy appearing as in mutton when cut, so that it should be allowed a longer time than mutton. *Serve with gravy, mint sauce, and a salad.* The shoulder may be separated by the carver at table, or by the cook before the joint is placed on the table. *A cut lemon, a piece of butter and some cayenne* must be ready for use to lay between the ribs and the shoulder when it is cut off.

The vegetables usually served with lamb are *peas, spinach, cauliflower or asparagus.*

BONED QUARTER OF LAMB.

Bone a quarter, fill with forcemeat (see p. 88), roll round and tie: cover with buttered paper and *roast* well. Serve with melted butter.

STEWED LAMB AND GREEN PEAS.

Chops from breast or loin.	Stock.
Seasonings.	Peas.

Cut into neat chops, dredge with flour, pepper and salt. Brown in butter or dripping. Place in a clean

pan with some stock boiling hot, salt and pepper to taste, nutmeg, a little mint, a little green onion. Cover closely, and simmer for about 20 minutes. Then add green peas, and simmer till tender. Place the peas in the centre of a hot dish, the chops round the peas. Strain and thicken the gravy with cornflour, and pour it round.

LAMB CUTLETS AND GREEN PEAS.

Fry the cutlets in breadcrumbs, dipping them first in white of egg. Boil the peas and pile them in the centre of a dish. Place the cutlets round the peas, with the broad end on the dish and the bone end upwards.

PORK—ROAST PORK.

The *griskin*, *spare rib*, the *leg* and the *loin* are all roasted. If not done already, score the skin in lines $\frac{1}{4}$ inch apart. The skin or crackling must be kept a nice brown by well basting with dripping. A piece of greased paper will prevent it from getting too brown. It must be thoroughly cooked without being dry. *Serve with apple sauce and 1 glass of vinegar mixed with 2 teaspoons of made mustard.*

A *stuffing of sage and onion* with breadcumbs may be baked separately instead of putting it in the meat, as many object to the flavour. Serve it separately.

BOILED PICKLED PORK.

Soak in cold water for an hour or so, according to the time it has been in pickle. Put it on in cold water, enough to cover it. Bring to the boil, skimming well. When it boils for 10 minutes remove to the side, and simmer till tender. Vegetables may be added after it boils, as these give it a nice flavour. *Serve with boiled vegetables and pease pudding.*

Pease pudding.—1½ pints split peas, 2 tablespoons butter, 2 eggs, pepper and salt. Soak the peas overnight. Cover with cold water and boil for 2½ hours, rub through a colander, add butter, beaten egg, pepper and salt, and boil in a floured cloth for 1 hour. *Pease pudding may be served with boiled corned beef.*

ROLLED PICKLED PORK.

3 or 4 lbs. Belly part.	1 Onion.
2 or 3 Tongues.	Sage.
Pepper and Salt.	

Remove the bones, flatten and trim the pork. Have a pig's tongue and 1 or 2 sheep's tongues parboiled and skinned. Lay these on the pork with seasoning and chopped onion between. Roll up, tie, and bind in white calico. Cover with cold water, and boil for 4 hours. Allow it to cool in the water. Remove the cloth, rasp some browned breadcrumbs over, garnish with parsley and serve.

STEAMED BACON.

Soak the bacon in cold water, scrape the outer rind, and wash well. Steam it over boiling water till tender. *Serve with veal, fowl, or by itself with broad beans or green peas.*

FRIED BACON.

Cut in thin slices and cook slowly till crisp. May be baked in the oven if liked. If too salt, soak for a little while in milk or cold water.

BAKED HAM.

Prepare as for boiling. Cover closely with a paste of flour and water about ½ inch thick. Bake in a good oven for 3 or 4 hours. When ready to serve remove the paste (which will be a dark brown or even black),

also the skin. Sift brown breadcrumbs over, stick with cloves and put a paper frill round the knuckle.

BOILED HAM.

To see whether ham is good, run a sharp knife in close to the bone. If the knife is greasy and smells offensively, the ham is not fit for use. Wash well, removing any rusty parts. Soak for 8 or 12 hours or more in cold water and vinegar. Cover with cold water and bring to the boil, skimming well. Add a little vinegar, mace, cloves, thyme, 2 bay leaves and a few vegetables to flavour. Simmer gently from 4 to 6 hours, according to weight, and allow it to grow cold in the water. Take it out directly it is cold. Skin and sift over bread-raspings. Place a paper frill round the knuckle and serve.

TO CURE HAMS FOR HOME USE.

For a ham of 13 to 15 lbs., allow 2 ozs. saltpetre, 1 oz. black pepper, $\frac{1}{2}$ lb. common salt, 1 lb. bay salt. Lay the ham in this powdered mixture for 4 days, turning and rubbing it well with the ingredients every day. Then let it lie in $1\frac{1}{2}$ lbs. treacle for a month, turning and rubbing every day. Then soak in water for 24 hours, drain, and hang up to dry.

TO SALT BACON.

Allow 1 lb. of salt to every score of bacon, and add to the salt $\frac{1}{2}$ lb. of saltpetre, $\frac{1}{4}$ lb. salt prunella, 1 lb. coarse brown sugar. Pound and mix. Salt the sides of bacon as soon as possible after the pig is cut up. Next day take away the brine which has been drawn from them and rub with the above mixture daily for 3 weeks, turning the bacon every day. Drain; then dry, or smoke, as desired.

Cold Meat Cookery.

Entrées.

LUNCHEON AND BREAKFAST DISHES, etc.

MINCE.

Cold Beef.	Parsley.
Breadcrumbs.	Onion.
Pepper and Salt.	Gravy.

Cut away the skin and gristle from cold beef (any nice cold meat will do). Chop up the meat finely with chopper. Add breadcrumbs, pepper and salt to taste. Chop up some onion and parsley fine. Brown the onion in a little butter, add the rest, and dredge slightly with flour. Stir all together for 5 or 6 minutes. Moisten with a little stock or gravy, and simmer for half-an-hour. Serve with toast cut in triangles and placed round the edge of the dish. Poached or scrambled eggs may be served on top of the mince.

BEEF ROLLS.

Slices of cold boiled Beef.	Slices of cooked Bacon.
Minced Mushroom.	Herbs and Seasoning.

Sprinkle the slices of beef with pepper, salt, herbs, parsley and minced mushroom. Lay a very thin slice of bacon on top, roll up and tie. Brown in butter or dripping, and serve with a good gravy.

STEWED BEEF AND CELERY SAUCE.

2 lbs. cold Beef.	2 cups Stock.
3 Celery Roots.	2 Onions.

Cut up beef into rather thick slices. Cut up the vegetables. Simmer the onions and beef together in the stock for about 1 hour. Thicken with a little flour. The celery should be added about 25 minutes before serving. Serve with fried potatoes.

STEWED BEEF WITH OYSTERS.

Stew the beef as in above recipe, but instead of using celery flavour the thickened stock with the liquor from the oysters and a little port wine. Beard the oysters and add just a minute or two before serving.

BEEF CUTLETS.

$\frac{3}{4}$ lb. cold Beef.	2 oz. fat Bacon.
$\frac{1}{2}$ Onion.	2 Egg yolks.
2 tablespoons Butter.	$1\frac{1}{2}$ tablespoons Gravy.
Breadcrumbs.	$\frac{1}{2}$ teaspoon Herbs.


Mince beef, bacon, and onion, and mix smooth with egg yolk, gravy, herbs, salt and pepper to taste. Shape into cutlets. Dip in melted butter and dredge with flour. Leave for 1 hour in a cool place. Then dip in the other yolk, then in breadcrumbs. Fold each cutlet in greased paper and *bake* half an hour in a moderate oven.

BREAKFAST DISH OF BEEF.

Slices of cold roast Beef (underdone).	Stock or good Gravy.
3 tablespoons Melted Butter.	1 teaspoon Vinegar.
1 dessertspoon r. currant Jelly.	1 tablespoon Ketchup.
	Salt and Pepper.

Mix the ingredients well with stock enough to cover the slices of meat. Put all into a basin or pot inside another pot filled with boiling water. Cover closely and steam for half-an-hour.

DEVILLED MEAT.

Cold Beef (or any Meat) 	2 teaspoons Worcester Sauce.
1 teaspoon made Mustard	2 teaspoons Ketchup.
1 teaspoon Chili Vinegar.	$\frac{1}{4}$ teaspoon Cayenne.
1 teaspoon Salad Oil.	1 teaspoon Lemon Juice.
A bit of Butter.	1 wineglass Claret.

Slice the meat and lay it in a dish. Make a sauce of the other ingredients, pour it over the meat, and set in a hot oven for 15 minutes, stirring frequently. Serve with mashed potatoes. This makes a very hot dish.

BEEF OLIVES.

Slices of cold Beef.	1 slice Ham.
Forcemeat or Sausage-meat.	2 Anchovies.
Herbs.	1 Carrot.
1 cup Stock or Gravy.	1 Onion.

Chop the anchovies and the ham fine, and add to the sausage-meat or forcemeat (veal stuffing). Spread this over thin slices of cold beef, roll and tie. *Simmer* the olives with the cut-up vegetables for 1 hour in the stock. Remove them, strain and thicken the gravy with a little butter and flour (1 dessertspoonful). Put the olives back, boil up and serve.

BUBBLE AND SQUEAK.

1 lb. cold Beef.	1 lb. Cabbage (boiled).
1 lb. Potato (cooked).	Pepper and Salt.
Butter or Dripping.	

Fry the potatoes (chopped in rather large pieces) and the cabbage with a little butter, pepper and salt to taste. Fry the slices of beef lightly. Put the meat into a hot dish with alternate layers of the vegetables.

MINCED VEAL AND MACARONI.

$\frac{3}{4}$ lb. cold roast Veal.	1 tablespoon Gravy.
3 oz. Ham.	3 or 4 oz. Breadcrumbs.
Pepper and Salt.	$\frac{1}{4}$ lb. Macaroni.
A grating of Nutmeg.	1 or 2 Eggs.
1 dessertspoon Butter.	

Cut off any brown part from the veal, and mince the rest with the ham. Add seasoning and breadcrumbs, and mix with enough beaten egg to bind and moisten. Have the macaroni boiled in salted water, and line the bottom and sides of a *buttered mould* with it. Mix any macaroni left with the forcemeat, and fill the mould to the top with the mixture. Put a plate on top of the mould, and *steam* for 1 hour. Turn out and serve with a good gravy.

VEAL RINGLETS.

Cooked Veal.
Slices of Ham.
1 Egg.
Pickled French Beans.

1 tablespoon Breadcrumbs.
2 tablespoons Stock.
Seasoning.
White Sauce.

Mince some cold veal with some cold boiled ham (fowl or rabbit will do as well). Season with white pepper, salt and nutmeg. Add the breadcrumbs and moisten with the stock and egg. *Have enough for 4 or 5 teacups.* Butter the teacups, and line the insides with alternate strips of French beans and ham (tongue will do). Fill with the mixture, cover with buttered paper, and *steam* for half-an-hour. Serve with a white sauce flavoured with mace and lemon.

MUTTON—HODGE-PODGE.

1½ lbs. cold Mutton.
2 Onions.
Herbs and Seasoning.
1 tablespoon Parsley.
2 cups Stock.

1 Carrot.
1 Turnip (small).
1 stick Celery.
1 pt. Peas or French Beans.

Cut the mutton into slices, and dredge with flour, pepper and salt. Cut up the carrot, turnip, and celery, and put them with the herbs (tied in muslin) into the stock and let them simmer for about an hour; then add the mutton, simmer for another half-hour; add the peas and more seasoning (if required), and simmer for another half-hour. Add the finely chopped parsley, and serve with the meat in the centre.

PUCHERO.

1½ lbs. cold Mutton.
½ lb. fat Bacon.
¼ lb. Haricot Beans.
Herbs and Parsley.
3 cups Stock.

2 or 3 Tomatoes.
2 Onions.
1 Carrot.
1 Turnip.
Seasoning.

Soak the beans over night. Put all the ingredients except the mutton in a pot, and simmer for 1½ hours. Add the mutton cut into neat slices, and simmer for

another hour. Take out the parsley and herbs, and dish the meat in the centre of a hot dish, the vegetables round.

MUTTON HASHED LIKE VENISON.

1 lb. Mutton (cold).	1 wineglass Port Wine.
1 Shallot.	1 teaspoon Liebig's Extract.
1 dessertspoon Wor. Sauce.	1 dessertspoon Red Currant Jelly.
Pepper and Salt.	

Mince the shallot fine and put it with all the other ingredients (except the mutton), and 2 tablespoons of hot water into a stewpan. Let this come to the boil. Lay in neat slices of mutton, and simmer gently for an hour. Do not let it boil. Serve with toast, fried bread, or pastry.

HASHED MUTTON (or Lamb).

1 lb. cold Meat.	cup Stock.
1 dessertspoon Butter.	$\frac{1}{2}$ cup Milk.
2 Eggs (yolks only).	$\frac{1}{2}$ Lemon.
2 or 3 Mushrooms.	Herbs and Seasoning.

Melt the butter with a saltspoon of herbs and toss the chopped mushrooms in it for a few minutes; dust in 1 teaspoon of flour, and add the stock gradually. Let this stew for a time. Then beat the yolks with the milk and stir in gradually when off the boil. Do not let it boil. Add the meat and just let it heat through, but do not boil. Just before serving squeeze a little lemon juice in, and serve with fried bread, cut in fancy shapes and placed round the dish.

COLD MEAT SALAD.

$\frac{1}{2}$ lb. cold Meat.	2 Eggs (hard-boiled).
1 lb. Potatoes (boiled).	2 tablespoons Parsley.
1 small Beetroot (boiled).	1 teaspoon Onion.
Oil and Vinegar.	Salt, Pepper, Mustard.
Sugar.	

Slice the potato and beetroot. Cut the meat into dice. Chop the parsley and onion. Slice 1 white and 1 whole egg. Reserve the egg and some of the beetroot,

but toss all the rest together. Rub 1 yolk till smooth, add 1 saltspoon each of pepper, salt, sugar, and dry mustard. Beat in 1 tablespoon of vinegar and 2 of oil, adding the latter gradually to prevent curdling. When thick as a custard toss with the salad. Pile high in the dish, and decorate with the sliced beetroot and egg.

PORK COLLOPS.

1 lb. cold Pork.
3 or 4 Apples.

2 or 3 Onions.
1 wineglass Sherry.

Mince the apples and onions, and stew for 1 hour in the sherry with 2 oz. sugar. Cut the pork into cutlets and dip in melted butter. *Grill* for 8 minutes. Serve with the sauce poured over them. The cutlets may also be served with plain apple sauce or tomato sauce.

COLD MEAT CROQUETTES.

$\frac{3}{4}$ lb. cold roast Beef.
 $1\frac{1}{2}$ oz. Fat.
1 dessertspoon Parsley.
1 teacup Gravy.
1 Egg.

1 teaspoon chopped Onion.
1 saltspoon Anchovy Sauce.
1 oz. Breadcrumbs.
1 oz. Butter.
Puff Paste.

Mince the beef and fat (from the beef). Mix with the prepared onion, parsley, anchovy sauce, pepper and salt. Melt the butter in a pan, add the breadcrumbs and gravy. Remove from the fire and mix well with the meat. Cut rounds of puff pastry, put some of the mixture on each, fold over, brush with egg, sprinkle with breadcrumbs and fry in boiling fat. Drain and then dish on a serviette.

VEAL CROQUETTES.

Cold Veal.
Ham or Tongue.
Stock.

Breadcrumbs.
Seasoning.

Mince some cold veal with a little fat ham or tongue. Add butter (if not enough fat). Mix with seasoning,

a few chopped mushrooms if available, and bread-crumbs (half as much as of meat); moisten with stock. Simmer for 10 minutes. Let it cool. Form into cakes. Brush with egg, dip in breadcrumbs and fry in boiling fat.

Sweetbreads and mushrooms are tasty done this way.

RISSOLES (1).

Cold Meat.
Butter.

Mashed Potatoes.
Seasoning.

Take equal quantities of cold meat minced and mashed potatoes. Add a little butter and any seasoning liked. Form into small flat cakes, rub over with flour, brush with egg, toss in breadcrumbs, and fry. The addition of 1 or 2 eggs makes them richer.

RISSOLES (2).

1 lb. cold Beef.
 $\frac{1}{2}$ lb. fat Bacon (cooked).
1 teacup Stock or Milk.
1 Egg.

1 tablespoon Flour.
1 tablespoon Butter.
Seasonings.

Mince the beef and bacon, add 1 tablespoon of chopped parsley, 1 minced onion, pepper and salt. Stir over the fire with the butter, flour, and stock for 5 or 10 minutes. Take from the fire, beat in 1 egg. Allow it to cool, and form into cakes on a floured board. Brush with egg, dip in breadcrumbs, and fry in boiling fat.

DRESDEN PATTIES.

Cold Fowl (or any cold meat).
2 oz. cold Ham (or Bacon).
1 teacup Stock (or Milk).
Slices of stale Bread.

$\frac{1}{2}$ large cup Cream.
2 or 3 Mushrooms.
1 tablespoon Flour.
1 tablespoon Butter.

Cut slices of stale bread 2 inches thick into rounds about 2 inches in diameter. Remove the centre of each round by cutting with a smaller cutter half through.

Dip the rounds in cream, brush with egg when drained, and sprinkle with breadcrumbs. Fry in hot fat, drain and fill with the meat mixture prepared as in *above recipe*.

MIROTON OF BEEF.

1 lb. cold Beef.
 $\frac{1}{2}$ lb. Onions.
 Salt and Pepper.
 1 dessertspoon Flour.

1 tablespoon Butter or Drip-
 ping.
 $\frac{1}{2}$ pt. Stock.

Brown the onion (sliced) in butter, dredge the flour over, stir, and add gradually the stock, salt, and pepper. Cover, and boil gently for about $\frac{3}{4}$ hour, till the onions are quite soft. Then cut the meat into neat pieces about $\frac{1}{2}$ inch thick. Warm the meat through for about 10 minutes (or *simmer* for 1 hour) without boiling. Place the meat round the dish, with the purée in the middle; or put all into a pie-dish, sprinkle with breadcrumbs and little bits of butter, and brown in the oven.

MEAT FRITTERS.

Cold Meat.
 Batter (see "Fritters and
 Pancakes").
 Herbs.

1 tablespoon melted Butter.
 1 tablespoon Vinegar.
 Pepper and Salt.

Cut the meat into neat slices. Lay the slices in a *marinade* of the melted butter (or oil), vinegar, pepper, and salt for some time, turning occasionally. Drain, dip in a seasoned batter, and fry in boiling fat.

If wanted quickly the slices may be sprinkled with pepper, salt, a little lemon juice and herbs, dipped in batter, and fried. Or, the meat may be chopped fine, seasoned to taste, and mixed with the batter.



Dinner (Modern style) à la Russe.

GOLDEN FINGERS.

1 lb. cold Beef.	1 tablespoon Butter.
1 Egg.	$\frac{3}{4}$ breakfastcup Stock.
1 teaspoon Anchovy Sauce.	1 dessertspoon Parsley.
1 teaspoon grated Onion.	2 tablespoons Horse-radish
1 tablespoon Vinegar.	(grated).
Breadcrumbs.	1 teaspoon Sugar.

Cut the beef into neat slices, 2 inches long, $\frac{3}{4}$ inch broad, $\frac{1}{2}$ inch thick. Dip into egg and then in breadcrumbs seasoned, and fry a golden brown. Add the seasonings to the stock with a little pepper and salt, and heat all together. Arrange the fingers round a hot dish and pour the sauce round.

FOIE GRAS FRITTERS.

$\frac{1}{2}$ lb. cold boiled Bacon.	Seasoning.
$\frac{1}{2}$ lb. Calf's Liver (cooked).	A squeeze of Lemon.
Batter (see "Fritters").	

Mince or pound the meat, make into small round cakes about the size of a half-crown. Dip in *batter*, and fry in hot fat.

POTATO TURN-OVERS.

1 lb. mashed Potatoes.	1 tablespoon Flour.
1 tablespoon Cream.	1 tablespoon Currants.
$\frac{1}{2}$ teacup Stock.	Breadcrumbs and Seasoning.
1 or 2 Eggs.	2 tablespoons Butter.
6 oz. cold Meat.	1 small Onion.

Mince the meat. Brown the onion, finely chopped, in 1 tablespoon of butter. Add the meat and stir in; add the stock, salt, pepper and nutmeg. Simmer for a few minutes and turn out to cool. Make a potato paste with 1 egg, 1 tablespoon butter, the cream and mashed potatoes. Divide into 10 or 12 parts; form into balls on a floured board. Roll each out rather thin, and put some of the meat mixture in each: fold over, brush with egg, dip in breadcrumbs, and fry in boiling fat.

KROMESKIES.

$\frac{1}{4}$ lb. cold Veal, minced.	1 tablespoon Cream.
1 heaped tablespoon minced Ham.	Seasoning.
2 or 3 Mushrooms.	Pastry.
	Butter Sauce.

Make a butter sauce out of 1 dessertspoon of butter rolled in 1 dessertspoon of flour, to which add 3 or 4 tablespoons of stock or milk. Stir well all the time till it boils and thickens well. Add the meat and mushrooms, a grating of nutmeg, a very little lemon juice or vinegar, 1 tablespoon cream (or milk with a little butter melted). Mix all well together and let it cool. Roll and cut out some pastry. Put some of the mixture on each piece, fold over, pinch the edges. Brush each with egg, roll in breadcrumbs, and fry in boiling fat. Drain, serve on a hot napkin garnished with parsley.

Cold chicken or any cold meat may be used and flavoured according to taste. A little hard-boiled egg added to the veal or chicken is an improvement.

HAM TOAST.

Toast.	1 hard-boiled Egg.
$\frac{1}{4}$ lb. Bacon or Ham (cooked).	Seasoning.
1 raw Egg.	

Mince the ham and pound it with the yolk of the hard-boiled egg. Add the raw egg and seasoning, and stir over the fire till nice and hot. Add 1 drop of cochineal or carmine to colour nicely. Have nicely cut rounds of toast ready. Spread with the mixture, and sprinkle with the white of the egg rubbed through a sieve. Put in the oven to heat up.

BACON AND BROAD BEANS.

Slices of Bacon (cooked).	Butter Sauce.
Broad Beans.	Seasonings.

Any slices of fried or boiled bacon left over will do. Make a white sauce with butter, flour, and milk, stock

or water. Have the beans partly cooked. Put bacon, beans and sauce together, and cook till the beans are done and the sauce has taken the flavouring of the bacon. A nice breakfast dish.

CURRIES—DRY CURRY.

Cold or raw Meat.	1 dessertspoon Curry Powder.
1 large Onion.	$\frac{1}{2}$ oz. Butter.
1 green Apple.	1 tablespoon Chutney.
Salt and Pepper.	$\frac{1}{2}$ cup Milk.
Rice.	

Slice the onion and fry a golden colour. Brown the curry powder in a dry pan, add the butter, onions, sliced apple, sauce, chutney, salt, pepper and milk. Cut the meat into small dice. Stir all well together and cook until it is free from gravy and of a dark rich colour (about 30 minutes). If the meat is raw, it must be simmered 1 hour. Garnish with boiled rice shaped in egg cups, and cut lemon.

A little lemon juice and desiccated cocoanut may be added.

A GOOD CURRY.

2 lbs. Chops (or any raw Meat).	$\frac{1}{2}$ oz. Curry Powder.
1 Onion and 1 Apple.	1 teaspoon Sugar.
2 Tomatoes.	2 teaspoons Flour.
1 Potato.	$\frac{1}{2}$ oz. desiccated Cocoanut.
A strip of Lemon Peel.	1 tablespoon Butter.
1 cup Stock or Gravy.	$\frac{1}{2}$ cup Milk.

Trim the fat from the meat and fry lightly in the butter. Fry the sliced onion. Sprinkle the curry powder and flour over. Add the milk and gravy, and stir till it boils. Lay back the chops. Slice in the vegetables and apple, and simmer very gently for $1\frac{1}{2}$ hours. Add the cocoanut and salt to taste. Simmer another half-hour. Squeeze in a few drops of lemon juice just before serving. Serve with rice. Garnish with parsley, pickled beetroot or tomato.

BOILED RICE FOR CURRIES.

Wash about $\frac{1}{4}$ lb. rice well. Have a pot ready with 2 or 3 pints boiling water. Put in a teaspoon of salt and the rice. Cover and boil up. Take off the pot lid and boil fast for 20 minutes. Drain in a colander, and pour cold water over to make the grains separate. Then place in the oven or over a pot of boiling water to heat up again.

CURRY WITH COLD MEAT.

Make the gravy by a previous recipe. Put in the slices of cold meat and leave them just long enough to warm through, or else simmer for 1 hour. Cold meat becomes hard and tough if allowed to boil.

ANOTHER CURRY.

1 lb. lean Meat.
 $1\frac{1}{2}$ cups Stock or Milk.
 $\frac{1}{2}$ teaspoon Ground Ginger.
 $\frac{1}{2}$ teaspoon Cinnamon.
 $\frac{1}{2}$ teaspoon Salt.
 1 teaspoon Sugar.
 1 large Onion.

1 large Apple or 1 stick Rhu-
 barb.
 2 tablespoons Butter.
 1 dessertspoon Curry Powder.
 2 or 3 Cloves.
 Vinegar or Lemon Juice.

Prepare as in preceding recipe.

INDIAN CURRY.

1 lb. Meat.
 1 Onion.
 2 tablespoons Treacle.
 1 tablespoon Flour.
 Salt to taste.

2 tablespoons Dripping.
 1 dessertspoon Curry Powder.
 1 cup Gravy, Stock or Water.
 1 cup Milk.

Brown the onion with the dripping and curry powder. Add the meat cut small, a pinch of salt, the treacle, and 1 cup of gravy. Stir occasionally. Simmer for $\frac{3}{4}$ hour. Add a cup of milk with the flour stirred in by degrees. Simmer another $\frac{1}{2}$ hour. Serve with sliced lemon and rice.

Some add 2 or 3 tablespoons of desiccated or fresh grated cocoanut (and some of the cocoanut milk) to this curry.

Meat Puddings, Pies, Moulds, etc.

GENERAL RULES FOR MAKING MEAT PIES.

1. The meat may be stewed or partly cooked before covering with paste. This is generally done with chicken, rabbit or pigeon pies. Let the meat get cold before putting on the paste. If the pie must be covered while the meat is hot, it must be cooked immediately.

2. Use a pie funnel, or at any rate make a hole in the paste covering meat pies, to allow the escape of gases formed while cooking. (No hole is left in fruit pies.)

3. See that there is plenty of good gravy (or stock) for the pie. Half fill the pie-dish before cooking, and then fill right up through the funnel after cooking, taking care not to spoil the pastry by spilling any gravy over it. If there is no gravy available, water must be used; but with a little management a gravy can be made out of scraps and bones flavoured with herbs and vegetables.

4. For cold meat pies, if the stock will not jelly use a little gelatine, about $\frac{1}{4}$ oz. to 2 cups of stock.

5. Glaze meat pies with the beaten yolk of an egg when about three parts cooked. (Fruit pies are glazed with the white beaten with a little sugar.)

MEAT BATTER PUDDING.

1 full teacup Flour.

1 Egg.

1 teaspoon Baking Powder.

1 lb. Steak (or other Meat).

1 $\frac{1}{2}$ breakfastcups Milk.

Pepper and Salt.

Make a batter by putting the flour, powder and a pinch of salt in a basin and mixing with the milk and beaten egg. Season the steak with a shred onion,

pepper and salt. Lay the steak in a buttered pie-dish, and pour the batter over. Bake $1\frac{1}{2}$ hours in a slow oven. *Cold meat, sausage meat or fish* may be used instead of steak.

STEAK AND KIDNEY PUDDING.

$1\frac{1}{2}$ lbs. Steak.	$\frac{1}{2}$ lb. Suet.
3 or 4 Kidneys (sheep's).	$\frac{3}{4}$ lb. Flour.
1 teaspoon Baking Powder.	$\frac{1}{4}$ lb. fine Breadcrumbs.
Salt and Pepper.	1 small Onion.

Make a suet paste of the flour, breadcrumbs, powder and 1 teaspoon of salt (see "Pastry"). Mix with about 1 cup of water and roll out. Grease a basin with dripping. Cut out a cover for it from the paste. Line the basin with paste. Have the steak and kidneys trimmed and cut up into small pieces, and dredged with a mixture of flour, salt and pepper (1 tablespoon of flour, 2 teaspoons salt, 1 teaspoon pepper). Cut the onion up fine. Fill the basin with the meat and onion, pour in $\frac{3}{4}$ of a breakfasteup of cold water. Put on the paste cover, wetting the edges and pinching them together. Tie a floured cloth over, tying the ends to lift it with. Plunge into a pot of boiling water, and boil from $2\frac{1}{2}$ to 3 hours. Keep the pot lid on. Have a hot dish ready, turn the pudding basin upside down on it, leave for a few minutes, then draw off the basin.

STEAK AND KIDNEY PIE.

$1\frac{1}{2}$ lb. Steak.	Puff Paste.
4 Sheep's Kidneys.	Seasoning.
1 Onion.	

Prepare the steak, kidney and onion as in preceding recipe. Dredge with flour, pepper and salt. Fill a pie-dish with the meat and onion (the onion may be omitted if the flavour is not liked). Pour in some stock or water, and then cover with a rough puff paste (see "Pastry"). Cut a hole in the centre to let the gases escape. Ornament to taste, and brush over with egg. Bake about 2 hours, putting it in the hottest

part of the oven till the pastry is well risen, then cooking more slowly.

Some prepare the meat and onions by placing it with the seasoning or water or stock in a covered earthenware dish, and placing this dish inside a pot of boiling water or in the oven. When done this is cooled, placed in the pie-dish, covered with pastry, and baked till the pastry is thoroughly cooked.

STEAK AND OYSTER PIE.

1½ lb. Steak.	1 Onion.
1½ doz. Oysters.	1 eup Stock.
Puff Paste.	Seasoning.

Cut up the steak and dredge with 1 tablespoon of flour, 1 teaspoon of pepper, and 2 teaspoons of salt. Chop the onion fine. Cook the steak and onion with the oyster liquor and some of the stock in an earthenware covered dish as in preceding recipe. Fill the pie-dish to be used with stale breadcrumbs, butter the edges, and cover with paste. Have the paste cooked by the time the meat is done. Lift off the paste cover carefully. Put the meat in the pie-dish out of which the breadcrumbs have been turned. Add the oysters, replace the paste cover, and just warm through in the oven again. Oysters are more easily digested if only slightly cooked, though they are often cooked with the steak in the ordinary way (see "Steak and Kidney Pie"). *Steak and mushrooms* also make a good pie.

BAKED ROMAN PUDDING (cold meat).

6 oz. Macaroni.	6 oz. cold white Meat, Fowl or Rabbit.
6 oz. Cheese (grated).	2 dessertspoons made Mustard.
Pepper and Salt.	1 teacup Cream (or Milk).
Puff Paste.	Vermicelli.
1 small Onion.	

Boil the macaroni in salted water till tender. Shred the onion and mix with cheese, the meat cut small, the mustard, a little salt and cayenne, cream (or milk).

Butter a mould, sprinkle with vermicelli, line with puff paste, fill with the mixture, cover with paste, and bake for $1\frac{1}{2}$ hours in a good oven.

STEAMED BEEF PUDDING (cold beef). (18)

1 lb. cold Beef.	2 oz. Breadcrumbs.
2 oz. Suet.	$\frac{1}{2}$ teaspoon grated Lem. Peel.
2 Eggs.	teaspoon Herbs.
1 teacup Stock (or Milk).	2 teaspoons chopped Parsley.
A pinch of Allspice.	Seasoning.

Mix the minced beef with the chopped suet, herbs, lemon peel, parsley, and season with pepper and salt. Soak the breadcrumbs in the stock, add 2 beaten eggs and mix all together. Pour into a buttered mould, cover with paper, and *steam* for 3 hours. Serve with tomato sauce.

MUTTON PATTY PIES.

$\frac{1}{2}$ lb. lean Mutton.	$\frac{1}{2}$ Onion.
2 oz. cooked Ham.	$\frac{1}{2}$ teaspoon Herbs.
1 teacup Stock.	Pepper and Salt.
Puff Paste.	

Chop the ham, mutton and onion (parboiled) finely. Line patty pans with puff paste. Mix the meat with seasoning and fill the patty pans, cover with puff paste. Make a hole in each, brush with milk, and bake about 20 minutes in a hot oven. Heat the gravy, seasoned to taste, and pour it in when they are done.

MACARONI AND TOMATO PIE.

1 lb. cold Meat.	4 or 5 Tomatoes.
3 oz. Macaroni.	2 oz. Breadcrumbs.
1 tablespoon Butter.	Seasoning.
2 tablespoons Stock.	

Boil the macaroni in salted water. Cut the meat small and slice the tomatoes. Butter a pie-dish. Put in alternate layers of macaroni, meat, and tomatoes, with seasoning between. Add a very little water or stock. Sprinkle breadcrumbs over the top and put bits of butter over them. Bake $\frac{3}{4}$ hour.

CORNISH PASTIES.

$\frac{3}{4}$ lb. Flour.	$\frac{1}{2}$ lb. Potatoes.
$\frac{1}{4}$ lb. Dripping.	Pepper and Salt.
1 teaspoon Baking Powder.	2 oz. chopped Onions.
$\frac{1}{2}$ lb. Beef Steak.	

Cut meat in small pieces, potatoes in thin slices, mix with onion and season. Rub dripping into flour and baking powder and make into a stiffish paste with water. Roll into rounds about 6 inches diameter. Wet the edges. Place a portion of meat and vegetable on each, turn up the edges of the pastry, and join together *on top*, pinching together and making a frill as you go along.

SEA PIE.

2 lb. Neck Mutton.	1 lb. Onions.
2 lb. Apples.	Seasoning (Pepper, Salt,
Suet Crust.	Sugar).
Herbs.	1 dessertspoon Mushroom
	Ketchup.

Peel and core apples and slice them and the onions. Trim meat into neat chops; lay them in a deep pie-dish, apples and onions on top. Sprinkle with herbs and seasoning. Cover with suet crust and bake 1 hour. When done pour gravy out at side, cool and skim off fat, add ketchup, and return to the pie.

SOUTH CAROLINA RICE PIE.

1½ lb. cold roast Beef.	1 Onion.
1 pt. cold Water or Stock.	1 Potato.
1 slice Bacon.	2 hard-boiled Eggs.
1 tablespoon Butter.	1 cup Rice.
Seasoning to taste.	

Chop the meat and onion, and stew it in the saucepan with water, bacon, and potato sliced, until the gravy is reduced one-half. Boil and strain the rice, and add to it the butter and a little salt. Place meat in a pie-dish, then the sliced egg and rice on top. Heat up in the oven and serve hot.

RAISED MEAT PIES.

1 lb. Flour.	2 lbs. minced Meat.
$\frac{1}{4}$ lb. Beef Suet (or Dripping).	$\frac{1}{2}$ Onion.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ teaspoon Herbs.
$\frac{3}{4}$ cup rich Gravy.	Pepper and Salt.

Mince the suet small, put in a pan and boil ; strain, mix with the milk, and bring to the boil. Add a little salt to it. Pour it boiling on to the flour and mix to a stiff dough. Divide, leaving one part twice as big as the other. Roll out the small piece and cut for covers. Roll out the large piece and cut into 6 or 8 pieces, leaving it rather thick. Have a round shape, put it in the paste and press down with a roller, then work up to the shape with the thumb to about two or three inches. The shape may be dispensed with. Let the shells stand till firm, then fill with minced mutton, pork, sausage-meat, or cold meat nicely seasoned. Put on the covers, leaving a hole in the centre of each, and pinch together, having brushed the edges with egg or water. Brush the top with egg or water, and bake $\frac{3}{4}$ hour. Season and heat up the stock, adding a pinch of gelatine to it, pour it through the hole left in the cover. The dough should be *raised* in a warm place.

VEAL AND HAM PIE (raw or cooked meat).

1 $\frac{1}{2}$ lbs. Veal (lean).	1 dessertspoon Parsley.
$\frac{1}{4}$ lb. Ham (or Bacon).	White Stock or Gravy.
1 or 2 Eggs.	1 teaspoon each Salt and
Pastry.	Pepper.

Cut up the meat (cooked or uncooked). Boil the eggs hard and cut them in slices. Place meat and eggs in layers with seasoning and chopped parsley between. Pour over the stock (water, with a little gelatine added, will do if no stock is at hand). Cover with paste, and bake from 1 to 2 hours, according to whether the meat has been previously cooked or not. *Nice eaten cold.*

PORK AND MACARONI PUDDING (cold meat).

$\frac{3}{4}$ lb. Pork (cooked).	3 tablespoons Butter.
$\frac{1}{2}$ lb. Macaroni.	$\frac{1}{2}$ Cabbage.
$\frac{1}{4}$ lb. Breadcrumbs.	3 Egg Yolks.
1 cup Milk.	

Boil the macaroni in salted water till tender. Butter a basin, and line the inside thickly with macaroni. Mix the breadcrumbs, $1\frac{1}{2}$ oz. butter, pepper, salt, a grating of nutmeg, the cabbage boiled and chopped, and the beaten yolks. Fill the mould, cover with the rest of the macaroni. If not quite full, fill up with bread. Tie a buttered and floured cloth over. Steam $1\frac{1}{2}$ hours. Make a flavoured butter sauce with the cup of milk, $\frac{1}{2}$ oz. butter, 1 dessertspoon of flour, some pepper and salt. Turn out the pudding, and serve with sauce poured over. *Any good forcemeat can be used instead of the pork.*

SHEEP'S OR LAMB'S HEAD PIE.

2 Sheep's Heads.	Pastry.
1 teaspoon Parsley.	Seasoning.
2 Eggs.	1 Onion (if liked).

If the sheep's heads are not properly dressed, scald and clean them, split up and lay in salt and water overnight. Boil with cold water (enough to cover them), cut-up vegetables, salt and white pepper. Boil till tender. The brains and tongues should have been removed; the tongues may be boiled with the head. The brains may be soaked in salt and water for 20 minutes, then put on in cold water and brought to the boil. Cut the meat from the head, skin and cut up the tongues, and chop up the brains. Put back the bones with the water, and reduce to a good strong stock. Skim and strain it. Butter a pie-dish, and put in layers of meat and egg, sprinkling with chopped parsley, shred onion (parboiled), pepper and salt. Pour in the stock nicely seasoned. Cover with pastry, and bake from 1 to $1\frac{1}{2}$ hours. *Nice eaten cold.*

MUTTON AND TOMATO PIE (cold meat).

2 lbs. Mutton.
1 lb. Tomatoes.
1 Onion.

Pepper and Salt.
Pastry.
1 teacup Stock or Water.

Have mutton cutlets from the leg or loin. Parboil the onion. Put in layers of meat and tomatoes with onion, pepper and salt between. A teaspoon of vinegar may be added with the stock or water. Then cover with pastry and bake $1\frac{1}{2}$ hours.

X Apples may be used instead of tomatoes.

** Breadcrumbs* may be used instead of pastry.

POTATO PIE (cold meat).

Cold Meat minced.
1 Onion.
Gravy.

Mashed Potatoes.
Seasoning, Herbs.
1 teaspoon Flour.

Chop the onion and fry; add the minced meat, seasoning, about a teaspoon flour, and moisten with gravy or stock. If water is used, flavour it with tomato sauce, ketchup, etc. Put the mixture in the bottom of a pie-dish and cover thickly with potatoes mashed with a little butter-milk and seasoning. An egg improves the potato. Ornament the potato as you would pastry. Brown in the oven.

LIVER PIE.

Stale Crusts.
Slices of Liver.
2 oz. fat Bacon.
Pastry.

1 Onion.
Parsley and Thyme.
1 cup Stock.

Chop up the onion, parsley, and thyme. Soak a few stale crusts in milk or water and wring them dry. Mince the bacon. Mix all this together. Cut the liver in slices and dredge with 1 tablespoon of flour, 1 teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper mixed together. Put a layer of liver and a layer of the bread mixture alternately, having the liver last of all. Pour over 1 cup of stock, cover with pastry, brush with milk and bake $1\frac{1}{2}$ hours.

YORKSHIRE PUDDING.

3 tablespoons Flour.
1 pint Milk.

2 Eggs.
Pepper and Salt.

Drop the eggs into the basin with the flour and seasoning, mix a little, add the milk by degrees, and beat up well. The baking-tin must be greased; put about 2 tablespoons of dripping (from the roast beef) in the tin and make it very hot before pouring in the batter. *Bake* for 15 minutes. Serve with *hot roast beef*.

VEAL AND MACARONI SHAPE.

$\frac{1}{4}$ lb. Macaroni.
 $\frac{1}{4}$ lb. cold Veal.
3 oz. Boiled Ham.
Seasoning.

$\frac{1}{4}$ lb. Breadcrumbs.
1 oz. 2 Eggs.
 $\frac{1}{2}$ oz. Butter.

Mince the veal, cutting away any brown. Mince the ham (lean bacon, or salt pork answers). If the meat is dry, add 1 tablespoon gravy. Season with pepper, salt, grated nutmeg, a little lemon peel grated; add the breadcrumbs and mix with the beaten eggs till like forcemeat. Butter a mould; line it with macaroni boiled till tender in salted water. Mix the rest of the macaroni with the other. Fill the mould. Cover with buttered paper and *steam* for about 1 hour. Put the mould in the oven for a minute or two to dry, turn out carefully, and *serve hot or cold*.

TONGUE MOULD.

6 Sheep's Tongues.
3 hard-boiled Eggs.
3 teacups Veal Stock.

$\frac{1}{2}$ oz. Gelatine.
Pepper and Salt.

Cook in salted water the tongues for 3 or 4 hours till tender. Skin them. When cold cut in neat slices. Dissolve the gelatine in some of the stock. Slice the eggs and garnish a mould that has been dipped in cold water with them. Lay in the tongues and slices of egg alternately. Season the stock, add the gelatine, and pour it over the tongues. *Turn out when cold and*

garnish with celery, parsley, tomato, or nasturtium flowers. It is best to pour a little of the stock into the basin first and let it begin to thicken before laying in the slices of egg and tongue. Remains of cold ox tongue or fowl may be moulded similarly.

OX TONGUE BOILED.

If the tongue has been salted and smoked, soak it over night in cold water. If fresh from the pickle, soak only for a few hours. Put it on in cold water; bring to the boil slowly, and then simmer for 3 or 4 hours. Dip in cold water and skin; fasten into shape and bind with tape. *If to be served hot* as an entrée, wrap in a greased paper and warm again in hot water. Serve, when dished, with macaroni or tomato sauce, and garnish with aspic jelly. *If to be served cold*, put it in a round flat-bottomed dish, put a plate on top and weight well. When quite cold, glaze, put a frill of white paper all round it, and garnish with parsley.

BRAWN.

$\frac{1}{2}$ Pig's Head.
1 $\frac{1}{4}$ lbs. lean Beef.
1 Onion.
1 Carrot.
Herbs.

1 Pig's Tongue.
1 Sheep's Tongue
Or some Ox Tongue.
 $\frac{1}{4}$ lb. Dried Sausage.
Spice, Peppercorns, etc.

Soak the pig's head (and the tongues if very salt) in cold water for some hours. Then boil the tongues, the pig's head and the beef with the vegetables and herbs, 3 or 4 cloves, 12 peppercorns and a few whole allspice for about 4 hours in enough water to cover. Turn out on to a hot dish, skin the tongues and cut all the meat into small pieces. Place the cut meat into basins, ornamented with shaped slices of dried sausage. Season with pepper and salt to taste, strain the liquor over, place a plate on top and weight if necessary. *Leave till cold* and then turn out. Meat from the trotters and ears may also be added.

POTTED HEAD. $\frac{1}{2}$ an Ox Head.

Seasoning.

Clean the head (using 1 foot also if liked), soak in salt and water for some hours, wash, remove the brains, and boil for 5 or 6 hours with allspice, peppercorns, mace, etc. Take it out and cut off the meat in small pieces. Strain the gravy, put back with the meat into a clean pot, add more seasoning, pepper and salt, if necessary. Take care that all small bones are removed. Boil up for about 10 minutes and then pour into china basins or shapes. When cold turn out and garnish with parsley, cut tomato, or beet.

POTTED HAM.

2 lbs. lean Ham.

 $\frac{1}{2}$ teaspoon pounded Allspice. $\frac{1}{2}$ lb. fat of Ham. $\frac{1}{2}$ Nutmeg.

1 teaspoon pounded Mace.

Pepper.

Pound the ham to a fine paste, adding the spices, etc. Press into pots and cover with melted clarified butter, and keep in a cool place.

COLD MUTTON POTTED.

Cut up any cold mutton, take skin and sinew away, chop it fine with a little cold ham. Season with pepper, salt and a grating of nutmeg. Heat all together in an enamelled pan, adding a little good gravy, water, and arrowroot just sufficient to make into a thick paste. Press into small pots or a mould. A little anchovy gives a good flavour. If to be kept any time, cover with clarified butter.

POTTED BEEF.

Slice thinly 2 lb. of lean raw beef. Beat slices with a rolling pin. Sprinkle them with a teaspoon of powdered allspice, pepper and salt to taste, and a pinch of cayenne. Leave in a cool place, and turn two or three times. Then place in a jar with a very

little cold water. Tie some paper over the jar, cover it with a saucer and cook in a slow oven all day. Cool the meat and pound it to a paste, using a little of the gravy and bits of butter during the process. Cover with clarified butter if wanted to keep.

Butchers' Small Goods.

TO PREPARE SWEETBREADS FOR COOKING.

Soak sweetbreads in lukewarm water with a little vinegar or salt for $\frac{1}{2}$ hour or longer. Change the water once or twice. Then place in boiling water and simmer for 10 minutes. Take them out and let them lie in cold water for 7 or 8 minutes. Drain and press between two plates.

STEWED SWEETBREADS.

Sweetbreads.	Sauce.
1 dessertspoon minced Onion.	Parsley.

Soak the sweetbreads and trim off fat, refuse, etc., and prepare as in above recipe. Stew gently with the onion (parboiled) and a little parsley for $\frac{3}{4}$ hour in a little white stock or water. Take out the sweetbreads. Strain the gravy, return it to the pan and thicken with a little flour and egg. A little cream is an improvement. Flavour with lemon juice. Chopped mushrooms may be added to the sauce and cooked for about 15 minutes.

FRIED SWEETBREADS.

Prepare for cooking, cut into nice cutlets and fry with breadcrumbs and egg.

SCALLOPED SWEETBREADS.

Prepare the sweetbreads for cooking as in previous pages. Then stew them gently for about $1\frac{1}{2}$ hours. Make a stiff white sauce of butter, flour, stock, seasoning to taste. Boil for about 10 minutes, stirring well. Add the yolk of an egg. Coat the cutlets of sweetbreads with this sauce. Sprinkle with breadcrumbs and let them lie till cold. Brush over with white of egg, sprinkle again with breadcrumbs and fry in boiling fat. Serve with green peas or mushrooms in the centre of the dish and the sweetbreads round. If any sauce is left over it may be thinned and served separately.

STEWED BRAINS.

Prepare and cook like stewed sweetbreads. Brains do not need so much cooking.

BRAIN CAKES.

Brains.
Breadcrumbs.
1 Egg.

Suet or Butter.
Herbs and Seasoning.

Parboil the brains, mix with a little suet or butter, breadcrumbs, and seasoning. Bind with beaten eggs, form into small cakes and fry with egg and breadcrumbs over.

TRIPE STEWED.

Wash the tripe and put on in cold water. Bring to the boil. Put in cold water again. Cut into neat pieces and cover with cold water. Bring to the boil and simmer about 3 hours, adding an onion or two. When quite tender strain off some of the liquor, add to it some milk and thicken with flour. Add some of the onion and boil all for about 5 minutes. Serve very hot. If the flavour is liked, *tomatoes* may be stewed with the tripe.

Richer if stewed for the last 2 hours in *white stock*.

TRIPE AND OYSTERS.

Stew the tripe as in preceding recipe. Have about 18 *oysters to 1 lb. of tripe*. Beard the oysters, strain their own liquor and seald them in it. Make a white sauce with a little butter, flour, and milk, add the oyster liquor. Boil it about 4 or 5 minutes, add the tripe and oysters and warm thoroughly, but do not boil after the oysters are put in.

FRIED TRIPE.

1 lb. Tripe.

Butter (or Dripping).

2 Onions.

Vinegar (or Lemon Juice).

Have the tripe boiled till tender. Cut into neat slices. Mince the onions fine and fry all together a light brown in some butter. Season with salt and pepper and sprinkle with vinegar or lemon juice.

TO RE-SERVE STEWED TRIPE.

If there is not sufficient white sauce left over make a little more with butter, flour, stock, milk, and seasonings. Boil up over the fire. Take off and stir in the yolks of 1 or 2 eggs. Put in the tripe and heat through. Lay the tripe in a pie-dish, pour the sauce over, sprinkle with lemon juice, breadcrumbs, and a few bits of butter. Bake 15 minutes or so, until browned.

A little *boiled macaroni* and *grated cheese* may be added if liked.

LAMB'S HEAD.

1 Lamb's Head.

The Heart and Liver.

Sweet Herbs.

Gravy or Stock.

1 Egg.

Breadcrumbs.

Pepper and Salt.

Grated Lemon and Nutmeg.

Soak the head in cold water and salt for 2 hours. Then boil it gently for 1½ to 2 hours. Take it out, drain, and then brush over with egg yolk and cover with the crumbs, pepper, salt and chopped herbs.

Put bits of butter over it and *brown in the oven*. Scald the liver and the heart, mince fine and stew in a little good gravy or stock with pepper, salt, lemon rind, etc. When tender add a yolk beaten with a little milk. Dish the mince, place the head on top and garnish with forcemeat balls, or brain cakes (see p. 81).

BOILED CALF'S HEAD.

$\frac{1}{2}$ Calf's Head.
Melted Butter.
Seasoning.

Parsley.
1 Lemon.

Take out the brains and the tongue. Soak the head in warm water and salt to blanch for an hour or two. Soak the brains also. Boil the head and tongue for about $1\frac{1}{2}$ to 2 hours till tender, adding salt and seasoning. Skim carefully. Prepare the brains, boil them with seasoning, add them to about 4 table-spoons of melted butter, 1 tablespoon of chopped parsley and the same of lemon juice. Dish the head, pour the sauce over, garnish with slices of lemon and fried parsley. Serve with ham, bacon, or boiled salt pork. The tongue should be skinned and served either with the head, or separately.

BOILED SHEEP'S HEAD.

Prepare and boil like a calf's head. Serve with a sauce made of some of the stock in which it is boiled, the tongue minced, the brains boiled and chopped up, and about a small teacup of oatmeal added.

FRICASSÉED CALF'S HEAD.

Remains of a boiled Head.
2 or 3 cups of Stock.
1 Onion.

Seasoning of Herbs, etc.
Small piece of Butter.
Yolks of 1 or 2 Eggs.

Remove bones and cut the meat small. Put the stock or liquor in which it was boiled with the onion chopped, a blade of mace, herbs, pepper, salt, etc. Simmer $\frac{3}{4}$ hour. Strain and put back with the meat. Thicken with a little flour rolled in butter. Just

before dishing add the egg yolks beaten and the lemon juice. Take care that it is not boiling, or the eggs will curdle. Garnish with forcemeat balls and serve with broiled bacon. A slice or two of bacon added to the stock is an improvement.

FIG'S PETTITOES.

Pig's Feet.

$\frac{1}{2}$ teaspoon Pepper.

Heart and Liver.

Salt to taste.

$\frac{1}{2}$ oz. Butter.

Put on the feet, heart and liver with just sufficient water to cover. Boil with any seasoning liked till the heart and liver are tender; then take these out, and mince them small. When the feet are nearly done, return the minced heart and liver to the pot; season all well and thicken with flour rolled in butter. Make a pyramid on a hot dish of the mince, and lay the trotters round.

To fry the pettitoes, boil first. When cold, let them soak for a time in a little oil or melted butter, vinegar, and chopped parsley. Then fry with breadcrumbs and egg over.

LIVER AND POTATO PIE.

1 lb. Sheep's Fry.

2 lbs. Potatoes.

A few slices Bacon.

1 Onion.

Herbs and Seasoning.

Parboil the potatoes. Slice up the fry and chop the onion and herbs small. Grease a pie-dish and put in a layer of sliced potatoes, then seasoning, then the fry, then bacon and so on, having a layer of potatoes on top. Fill up with water or stock and cover with buttered paper. Bake about 1 hour.

LIVER AND BACON (1).

1 lb. Liver.

$\frac{1}{2}$ lb. Bacon.

Pour boiling water over the liver and let it stand for a few minutes. Drain and wipe. Cut into slices a little less than $\frac{1}{2}$ inch thick. Dredge with flour, pepper, and salt. Fry the slices of bacon, and then the liver in the same fat.

LIVER AND BACON (2).

Scald the liver and chop it up. Chop the bacon. Fry the bacon and take out and keep hot. Fry the chopped liver in the same fat. Then beat up 1 or 2 eggs and stir them in, adding the bacon again. *Serve on squares of toast.*

LIVER BALLS.

2 oz. boiled Liver.	1 teaspoon Herbs.
2 oz. Breadcrumbs.	1 Onion.
1 Egg.	Pepper and Salt.

Parboil the onion and mince it. Mince the meat. Mix and bind with an egg. Form into balls or flat cakes. Egg over and fry in boiling fat. Make a thick gravy from the liquor in which the liver was boiled. Part liver and part bacon or ham may be used instead of the liver alone.

STEWED LIVER.

Slices of Liver.	1 Onion.
Slices of fat Bacon.	Parsley and Thyme.
Vegetables.	Pepper and Salt.

Cut the liver into pieces about 3 inches long and 2 inches thick. Mince the parsley, thyme and onion. Cut thin slices of bacon. Dip the liver in flour, pepper and salt; lay it on slices of bacon, sprinkle with herbs, and roll up in the bacon, tie and dip again in flour. Cut some slices of carrot, turnip, onion, and place these on the bottom of a stewpan; place the rolls on top of these vegetables. Pour over enough stock to cover, season, and *simmer for 1 hour.*

STUFFED KIDNEYS.

4 Kidneys.	1 tablespoon Onion.
2 tablespoons Butter.	1 tablespoon Parsley.
1 tablespoon Breadcrumbs.	$\frac{1}{2}$ Lemon (Juice).
Pepper and Salt.	

Split the kidneys nearly through, dip in melted butter. *Broil* on a greased grid for 8 minutes. Make

a stuffing of the crumbs, parsley, parboiled onion and butter ; season it well and heat in a saucepan. Add the lemon juice. Put some of this stuffing between the two sides of the kidney. Pour a little melted butter over and serve hot.

KIDNEYS AND BACON.

Fry bacon, then kidneys for about 10 minutes. Serve with fried potato chips.

PORK SAUSAGES.

1 lb. Pork.	1 lb. Beef Suet.
1 lb. Veal (lean).	$\frac{1}{2}$ lb. Breadcrumbs.
$\frac{1}{2}$ Lemon (grated rind).	1 small Nutmeg grated.
1 teaspoon powdered Sage.	1 teaspoon Pepper.
2 teaspoons Salt.	1 teaspoon Herbs mixed.

Mince the meat, add other ingredients, and moisten with a little gravy or water. Fill into skins or make into patties. Fry slowly or bake in the oven.

BOILED SAUSAGE.

1 lb. Steak (or cold Meat).	6 oz. Breadcrumbs.
$\frac{1}{2}$ lb. fat Bacon or Ham.	$\frac{1}{2}$ teaspoon Pepper.
1 teaspoon Salt.	Chopped Parsley.
1 Egg.	Stock or Water.

Mince the meat, and mix all together with 1 egg and a little stock (about a teacup). Form into a roll, tie in a floured cloth, plunge in boiling water and boil 2 hours. Serve hot with good brown gravy ; or, press between two plates, and glaze with a little brown sauce to which leaf gelatine has been added, and *serve cold*.

SAUSAGE MEAT.

4 lbs. Steak.	Pepper and Salt.
2 lbs. Breadcrumbs.	Nutmeg and Spice.
Marjoram and Sage.	1 cup Gravy or Water.

Have the steak, lean and fat, cut into small pieces, and put through the mincing machine. Add the breadcrumbs and seasonings. Mix with 1 cup of gravy or water. May be *baked* in small patties, *fried* or baked in a pie-dish. Serve hot or cold.

SAUSAGE ROLLS.

Sausage Meat.

Pastry.

Take the above sausage meat, or make a sausage meat out of *any nice cold meat*, as follows: take 6 oz. of cold meat, $\frac{1}{2}$ oz. flour, a small bit of butter, 2 or 3 table-spoons gravy, pepper and salt and any other seasoning liked. Stir all together in a pot over the fire till it comes to the boil, turn out and cool. Have a good puff paste, roll out and divide into squares; put some of the meat on each, fold over and pinch the edges. Put in a hot oven. If the meat is already cooked, the rolls will be ready when the pastry is done. If the meat is uncooked, when the pastry is done place in a cooler part of the oven, and bake from 20 to 30 minutes altogether. Glaze the pastry with beaten egg yolk or milk.

POLONY SAUSAGE.

$\frac{1}{2}$ lb. Salt.	6 lbs. Pork (lean and fat).
1 oz. each Allspice, Black Pepper, Saltpetre.	A little Shallot (shredded).

Rub the meat daily for six days with the salt, allspice, pepper, and saltpetre ground, and all mixed. Then mince the meat small, add the shallot, mix well, and then put into a well-soaked, salted and scoured ox-gut. Tie the ends of the sausage, and hang up to dry as you would a ham. Tie in links about 9 inches long.

PLAIN STUFFING (for fowls, veal, fish).

½ lb. Beef Suet.
 1 dessertspoon Parsley.
 1 Egg.

1 breakfastcup Breadcrumbs.
 1 teaspoon Pepper.
 1 teaspoon Salt.

Mince the suet and parsley, mix with crumbs, pepper and salt. Moisten with a little stock or milk, and bind with a beaten egg.

A RICHER STUFFING (for veal, turkey, hare, fowl).

To the above add 2 oz. ham or lean bacon, the grated rind of ½ a lemon, 1 teaspoon minced herbs, a saltspoon of pounded mace, and another egg instead of the stock or milk.

SAGE AND ONION STUFFING (for ducks, geese, pork).

3 or 4 Onions.
 9 Sage Leaves.
 1 teaspoon Salt.
 1 Egg.

4 oz. Breadcrumbs.
 1½ oz. Butter.
 1 teaspoon Pepper.

Place the onions in boiling water and boil for about 10 minutes. Scald the sage leaves. Chop the onion and sage very fine and mix with the other ingredients. For poultry, the liver may be simmered for a few minutes, chopped fine and added.

GOOSE-STUFFING.

3 large Apples.
 3 large Onions.
 Boiled Potatoes.

3 or 4 Sage Leaves.
 A little Lemon Thyme.

Tie the herbs in muslin and put them with the apples and onions in a pot, adding water to cover barely. Boil till soft enough to pulp. Remove the herbs and put the rest through a sieve. Add well-mashed potatoes till it is of a proper consistency for stuffing. Season with pepper and salt to taste.

RICH STUFFING FOR TURKEY, FISH, etc.

$\frac{1}{2}$ lb. parboiled Veal.	Popper and Salt to taste.
$\frac{1}{4}$ lb. lean Ham or Bacon.	1 saltspoon each pounded Mace
1 doz. Oysters.	and Nutmeg.
1 Egg.	1 $\frac{1}{2}$ oz. Butter or Suet.
1 breakfastcup Breadcrumbs.	

Scald and beard the oysters, then mince them and add to the minced veal and ham and other ingredients. Moisten with a little of the oyster liquor and bind with a beaten egg.

Less veal and more oysters may be used if preferred.

FORCEMEAT FOR BAKED FISH.

$\frac{1}{4}$ lb. Breadcrumbs.	2 $\frac{1}{2}$ oz. Suet.
1 $\frac{1}{2}$ teaspoons Herbs.	Salt, Pepper, Mace to taste.
10 Oysters.	Milk and 1 or 2 Eggs.

Scald and beard the oysters, mince them and the suet and add to other ingredients. Moisten with a little of the oyster liquor, the milk (cream) and the yolk of the egg. Stir all over the fire till it thickens. Stuff the fish and sew it up. 1 or 2 anchovies may be added if liked.

FORCEMEAT BALLS FOR COLD PIES.

$\frac{1}{2}$ lb. Beef or Veal.	Salt and Pepper to taste.
$\frac{1}{2}$ lb. fat Bacon.	Nutmeg and Mace to taste.
$\frac{1}{2}$ teaspoon grated Lemon Peel.	1 teaspoon Parsley and Herbs.

Chop and pound the ingredients well together. Bind with a beaten egg, form into balls, and fry in fresh dripping a light brown.

PANADA.

$\frac{1}{2}$ pint Water.	Salt to taste.
1 oz. Butter.	Flour.

Put the butter, water and salt on to boil. Stir in flour till pretty stiff. Turn out on a dish to cool.

BREAD PANADA.

6 oz. Bread.

2 tablespoons White Stock.

1 oz. Butter.

Seasonings to taste.

Have the bread without crust. Soak in tepid water for about 20 minutes, wring in a clean cloth to squeeze away the water. Put in a pot with the butter and stock, stir till it becomes a smooth paste and leaves the sides of the pan.

Panadas are used as a base for foreemeats.

Poultry and Game.

TO PREPARE FOR COOKING.

To Choose Poultry.—In an old bird the beak and breast-bone are hard and rigid ; in a young bird, soft and flexible. The feet and legs of an old bird are rough and sealy ; those of a young bird much smoother-looking. The flesh should be plump and firm to the touch. Judge if fresh-killed by the eye, which gets a sunken look if not fresh. Should smell sweet and wholesome.¶

Plucking.—Most people prefer to pluck the birds while warm. Begin with the soft feathers under the wings and over the breast, then the back and up the neck. Take a few feathers at a time, and be careful not to break the skin. If the birds are long dead, plunging them in boiling water for a minute or two makes the plucking easier.

Singeing.—Pass the bird over a gas flame or a flame from a lighted paper to singe off the down and fine hairs. Wipe over with a cloth.

Drawing.—Cut the head off 2 or 3 inches from the body. Split the skin, loosen it, and remove the neck where it joins the backbone. The flap of loose skin

will cover the hole made. Take out the crop. Insert the fingers at the neck, and carefully break and loosen the threads attaching the organs to the frame. Cut a piece off the vent, and make a small cut across, insert the fingers and loosen the inside from this end; then carefully draw out the entrails, taking care not to break the gall-bladder attached to the liver, or it will give an unpleasant taste to the flesh. Wipe out the fowl with a clean, damp cloth.

Trussing.—For a roast fowl, cut off the toes at the first joint. Scald the legs in boiling water and peel off the scalded skin. If the fowl is at all old, break the bone of the leg half-way between the foot and the next joint, twist till the skin breaks, and then with a skewer draw out the sinews. After the sinews are removed, cut the foot off at the break. Flatten the backbone, if bent, with a rolling-pin.

Place the stuffing *inside the neck or crop of fowls and turkeys*, and *inside the bodies of ducks and geese*. Fold the flap of skin at the neck over the back and sew it, or turn the wings back in such a way that when the skewer is run through the pinions it keeps both them and the flap in place. Press the legs firmly downwards against the sides of the body. Run a skewer between the folded bones of the wings and one through the points of the thighs right through the body. Tie the ends of the legs and tail together, or skewer through the thick sinew at the back of the leg close to the joint, then through the thin bone at the end of the body. Skewer the liver and gizzard each in a wing if liked. Dry and dredge with flour. Poultry may be larded if wished particularly nice. While roasting it must be well basted, or it will be dry.

Boiled Fowls.—After drawing the sinews, cut off the ends of the broken bone. Loosen the skin of the legs and body, so that the legs may be pushed up inside the skin of the body. Tie the legs to the tail under the skin. Draw the skin smoothly over and stretch. Truss

as for roasting, tying instead of skewering. Fold in a buttered cloth.

Ducks, Geese, etc.—Fold the wings as for fowls. The feet are well washed, scalded and scraped. The foot and leg are twisted round towards the body so that the foot lies on the back of the bird. Skewer the leg into position.

Game Birds.—Sometimes the head is left on, drawn to one side, and fastened with the same skewer as the wings. Quails, snipe, etc., are often skewered with their own long bills, in which case see that the bills are thoroughly cleaned.

The time for cooking.—This depends on the size and age of the birds. *Chickens* take from 20 to 30 minutes. *Fowls* from 30 minutes to 1 hour. *Game* takes longer than poultry.

BONING POULTRY, etc.

Use a sharp-pointed short-bladed knife. Keep the point on the bone, and do not tear the flesh. The fingers are used a great deal, especially with small birds. The legs and wings of small birds are often left whole and trussed as usual. *To bone wild birds* and fowl, begin by cutting off the legs and wings where the flesh begins to be thick, remove the first and half the second bone. Cut off the head above half-way down to the body. Slit down the skin, and remove the neck at the joint of the back. Take out the “merry-thought,” loosen the flesh till the joint of the wing is reached. Twist the wing, and dislocate the joint. Separate the wing from the body. Push down the flesh and skin gradually, scraping and leaving the bony carcass intact. Treat the leg like the wing. Remove the tail part, and draw and scrape the flesh right off the carcass. Turn the flesh inside out, and scrape the bones from the legs and the wings. Turn right side out and stuff.

For turkeys or larger birds the skin on the back is cut from head to tail, and the legs and wings are often left whole. It is stitched after being stuffed. For stuffing, *sausage meat* or a *whole tongue* is often used to keep the shape as much as possible.

ROAST FOWL.

Prepare for cooking as directed above. Baste well, as the flesh is naturally dry. Serve with a good brown gravy and bread sauce (see pp. 24 and 27). *Mushroom, oyster, or egg sauce* is frequently served with roast fowl. To prevent it getting too brown, wrap in greased paper. Cut some slices of bacon and place inside the fowl when roasting. It gives a good flavour and helps to baste it inside.

BOILED FOWL.

Prepare for cooking (see above). If desired to keep the flesh very white, place slices of lemon on the breast, then place a buttered paper over these, then tie up in a buttered and floured cloth. Place in boiling water, and then after it boils up again for a few minutes, simmer very gently for about 1 hour. It may be stuffed with *oysters* and served with *oyster sauce*.

If wanted particularly nice, place the fowl in a large stone jar with a closely fitting lid, pour in half a pint of milk and water or good white stock with a little salt and a blade of mace. Put the lid on and tie down. Then put the jar in a large saucepan or small boiler with sufficient cold water to reach nearly to the neck of the jar. Bring slowly to the boil and simmer for 1 hour. The stock in the jar can be used for broth, gravy or sauce.

Serve with boiled ham, bacon, pickled pork or tongue. Also serve either a good white sauce, or oyster, lemon, celery, mushroom, or liver sauce. Pour a little over the fowl, and serve the rest in a tureen.

TO ROAST A TOUGH FOWL.

Place a few stalks of celery and a slice of onion inside the bird to flavour it, and place it in a "steamer." Steam for 1 hour. Carefully stuff it with a good forcemeat, and roast till a nice brown.

FRICASSEED FOWL OR CHICKEN.

2 small Fowls.
2 or 3 tablespoons Butter.
Seasoning.

$\frac{1}{2}$ cup Cream.
2 Yolks of Eggs.
Parsley.

Cut the fowl into neat pieces. Blanch by putting in boiling water for 2 or 3 minutes, then dip in cold water. Put the trimmings, neck, legs, etc., into a stewpan with flavourings of parsley, onion, a few cloves, mace, etc., pepper and salt. Add the water that was used for blanching and simmer for 1 hour or more. Strain this, then add to the liquor (when it boils) the cut-up fowl. The fowl may be dredged with flour and slightly browned in the butter before adding to the liquid. Simmer about $\frac{3}{4}$ hour. Lift out the fowl and keep it hot. Reduce the gravy, if there is too much, by rapid boiling. Roll 1 tablespoon of flour in butter and stir it into the gravy. Season again if necessary. Boil up; add the cream by degrees. Then take it from the fire and stir in the egg yolks. The more egg yolks used, the less flour is used to thicken. A few small mushrooms may be stewed with the fowl. When the sauce is ready, replace the pieces of fowl, which should have been kept warm. Heat all through, add a squeeze of lemon juice, and serve.

Cold fowl may be treated in the same way, but does not require so long to cook.

A little *bacon* or *ham* may be used to flavour.

CHICKEN MOULD.

1 lb. cooked Chicken.
4 oz. cooked Ham.
1 teacup Cream.

$\frac{1}{2}$ teacup Butter.
2 or 3 Eggs.
Seasoning.

Chop meat finely. Add beaten eggs, butter melted, seasoning and whipped cream. Turn into a buttered mould and steam 30 minutes. Serve with oyster sauce.

COLD CHICKEN SHAPE.

Simmer a chicken gently in water or thin stock with flavourings and seasonings to taste. When tender enough, slip out the bones, cut up the meat, add pepper and salt and a squeeze of lemon juice. Add some chopped, cooked ham, and place in a mould alternately. A few layers of sliced, hard-boiled eggs improve the dish. Dissolve a little gelatine in the liquid the chicken was boiled in (*for proportion see "Jellies, etc."*). Strain and pour over the meat. Turn out when cold and garnish with alternate slices of lemon and beetroot and parsley.

SAVOURY CHICKEN.

Cold Chicken.	1 tablespoon Butter.
1½ cups Stock.	1 tablespoon Flour.
1 Anchovy (or Anchovy Sauce)	1 small Onion.
1 tablespoon Port Wine.	

Simmer the chicken, neatly cut up, in the stock for $\frac{3}{4}$ hour. Season. Rub the butter in the flour, add and stir till it boils up and thickens. Mince the onion and anchovy, add the wine (or *tomato sauce*). Stew all together for another $\frac{1}{2}$ hour or so. Garnish with sippets of fried bread.

CHICKEN CREAM.

9 or 10 oz. minced Chicken.	$\frac{1}{2}$ cup Cream.
4 oz. Bread Panada.	Pepper and Salt.
2 or 3 Eggs.	Nutmeg and Mace.

Soak some bread (without crust) in tepid water for 15 minutes. Wring free of water in a clean cloth. Place 1 oz. butter and 2 tablespoons of milk or white stock with the bread in a pan and stir. When it is a smooth paste and leaves the sides of the pan, the panada

is ready. Pound the minced meat with the panada, add seasoning, yolks of eggs, and cream. Then mix well (and rub through a sieve if wanted particularly fine). Add the beaten whites last. Butter some small tin shapes, fill with the mixture, and steam for 20 minutes. Dish on a potato border and serve with a butter or oyster sauce.

CHICKEN SAUTÉ.

Cold Chicken.	1 cup Brown Gravy.
2 Onions.	6 button Mushrooms.
4 tablespoons Tomato Sauce.	1 teaspoon chopped Parsley.
Herbs, Pepper, Salt.	

If the chicken is uncooked, toss it lightly in a pan with 1 oz. of butter and the sliced onions till lightly browned. Add other ingredients and simmer gently for 1 hour or longer if the chicken is not cooked enough. *Garnish with cut lemon and serve with new potatoes.*

GIBLET PIE.

1 lb. Giblets.	2 Onions.
1 lb. juicy Beef Steak.	1 teaspoon chopped Parsley.
1 teaspoon Worcester Sauce.	Short Crust.

Cut up steak and giblets into small squares, onions into four pieces, and place all ingredients in a pan. Cover all with water and simmer for 1½ hours. Arrange in a pie-dish, dredge with seasoned flour, and pour over the gravy, which should have been cleared of fat. Cover the pie with a short crust and bake for 1 hour in a steady oven.

CHICKEN (OR FOWL) PIE.

1 large Fowl.	½ teaspoon pounded Mace.
3 hard-boiled Eggs.	Puff Paste.
2 or 3 slices of Ham (or Bacon).	Forcemeat.
½ teaspoon Nutmeg.	

Cut the fowl into joints. Put the neck, legs, back-bone into a stewpan with 1 onion, herbs, pepper and salt, 1 blade of mace, and a little water. Stew gently

for 1 or $1\frac{1}{2}$ hours. Strain off the liquor to use for gravy. Make a good forcemeat (see p. 88). Boil the eggs hard. Then arrange in a pie-dish a layer of fowl, one of ham, one of forcemeat, one of sliced egg, and so on, with seasoning of pepper and salt, nutmeg and mace between each. Pour in about 1 cup of water or stock. Cover with puff paste, ornament and glaze with egg yolk. Leave a hole in the top. Bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour till the pastry is nicely cooked; and when done pour in the hot gravy made from the bones.

If wanted cold it is best to bone the joints.

Sausage meat may be used instead of forcemeat.

Cover the paste with buttered paper when nicely coloured, so that it may not be scorched or burned. Some prefer to cook the meat gently first before putting it in the pie; let the meat be cold before putting it in the pie.

ROAST DUCK.

Ducks should hang a day or two before being dressed. Stuff with a sage and onion stuffing. If a pair are cooked leave one unstuffed, as some people object to the flavour. Baste well, and a few minutes before serving, dredge with flour to make them froth and look plump. Pour *round* (not *over*) a good brown gravy. Serve with green peas.

A change may be made by stuffing with chopped *apples and prunes*. The former should be sour and the prunes should be well steeped and stoned, and the mixture seasoned with salt and pepper.

DUCKS IN ORANGE JUICE.

Half roast a couple of ducks. Take from the fire and carve so that the meat will still be attached to the bone. Dust over fine pepper and salt, and squeeze over the birds the juice of 2 large oranges. Then turn the ducks over on to a plate and press till nearly flat.

Set on a hot stove till they get very hot, then turn over and let the breasts cook a golden brown. Serve hot with apple sauce.

STEWED DUCK WITH PEAS.

Cold Duck.	1 Onion.
Slices of Ham or Bacon.	Parsley.
1 tablespoon Butter.	3 cups Stock.
1 pt. Peas.	

Brown the cut-up duck and ham in the butter. Mix 1 oz. of flour with the rest of the butter, melt it and stir in the stock; add seasoning and the duck; stew gently for $\frac{3}{4}$ hour. Add the peas and stew again for $\frac{1}{2}$ hour till tender. Garnish with fried bread cut into neat shapes.

If no peas are available, *turnips* are very nice cut into dice and used similarly.

ROAST GOOSE.

Select a goose with white skin, plump breast, and yellow feet. When the bird is old, the feet are red. Hang for a few days. Pluck and dress (see p. 90). Stuff with *sage and onion stuffing* (see p. 88). Baste well. Serve with *a good gravy* (made from the giblets if liked) in a turcen.

ROAST TURKEY.

Choose a cock turkey with short spurs and black legs. Long spurs and pale rough legs show the birds are old. Hang for 4 or 5 days (or longer in cold weather). Pluck and dress. Fill with a forcemeat as for fowls. Put the liver under one pinion, the gizzard under another. Truss firmly with a needle and twine or skewers. Serve with *good brown gravy, bread sauce* and *fried sausages* or *forcemeat balls*. It may be stuffed with *sausage meat* or a *whole tongue* if liked.

Roast sausages and slices of lemon may be used as a garnish.

BOILED TURKEY.

Dress like fowl for boiling. Serve with *white, celery, mushroom, or oyster sauce*. May be stuffed with *sausage meat or oyster forcemeat*. *Boiled ham, tongue, bacon, or pickled pork* should be served with this dish.

STEWED WILD DUCK.

2 Ducks.	2 cups Stock.
4 Shallots.	1 wineglass Port Wine.
1 oz. Butter.	$\frac{1}{2}$ Lemon.
1 dessertspoon Flour.	Pepper and Salt.

Half roast the duck, or have cold roast duck. Cut into neat joints. Put the trimmings with the shallots and stock and seasoning. Simmer for $\frac{1}{2}$ hour or longer. Strain off the gravy. Melt the butter, mix with the flour, stir in the gravy and boil up. Add the wine, lemon juice, and a little cayenne. Then put in the duck and simmer for $\frac{3}{4}$ hour. If the duck is already cooked, just warm it through. A squeeze of orange juice may also be added.

STEWED PUKAKI.

Hang for some time, then skin like a rabbit or hare, and stew or jug like wild duck or hare.

TO DRESS AND TRUSS RABBITS AND HARES.

Choose young animals, which may be known by their smooth, sharp claws; the ears of an old animal are usually dry and tough. Cut off the forelegs at the first joint. Raise the skin from the back and draw it over the hind legs. Leave the tail whole, and draw the whole skin over the body and slip out the forelegs. Cut the skin from the neck and head, skin the ears and leave them on. Clean the vent; cut the sinews under the legs, bring the legs forward and skewer to the body. Lay the head back between the shoulders and run a

skewer in the mouth, through the back of the head and between the shoulders. Clean the inside, wipe it dry, and stuff. Sew up the body and tie it if necessary.

~~Rabbits should be soaked for about $\frac{1}{4}$ hour (hares longer) in tepid water, in order to draw out the blood.~~

For boiling, the head should be brought round to the side and skewered there.

TO JUG HARE, RABBIT, PIGEON, etc.

Take 1 hare, 2 onions, a bunch of sweet herbs, 6 cloves, $\frac{1}{2}$ whole allspice, $\frac{1}{2}$ teaspoon black pepper, a little lemon peel, $\frac{1}{4}$ lb. bacon, 2 tablespoons mushroom ketchup, $\frac{1}{2}$ oz. flour and $\frac{1}{2}$ oz. butter, pepper and salt.

Wash the hare and cut into neat joints. Flour them and fry a light brown. Fry the bacon cut into dice. Cover with boiling water, or if wanted particularly good, with a rich brown stock made from gravy-beef. Put with all the rest of the ingredients (the herbs, etc., tied in muslin). Simmer till tender; the time depends on the age of the animal. Hares and pukakis take 3 or 4 hours. When tender, take out the meat, strain off the onions, herbs, lemon, etc. Thicken the gravy with the butter and flour, and boil for 3 minutes. Put back the meat. Add 1 teaspoon of red currant jelly and 1 wineglass of port wine, and serve hot. Fore-meat balls (fried) are often served with this dish.

RABBIT PIE.

Skin and prepare two young rabbits; bone them, and cut into neat pieces. Stew down the bones and trimmings with seasoning of nutmeg, mace, onion, herbs, pepper and salt for about 1 hour. Strain off the liquor for gravy. Arrange the rabbit in layers with slices of bacon or ham and yolks of hard-boiled

eggs with seasoning between. Pour over the gravy from the bones. Cover with puff paste, and bake $1\frac{1}{2}$ hours. If wanted to eat cold, a little gelatine may be added to the gravy.

The rabbit may be cooked before being put in the pie; then just cook till the pastry is done.

ROAST HAUNCH OF VENISON.

Venison is best hung for some days. It will keep for a fortnight in cold weather, and longer if properly treated. It should be kept dry by wiping with clean cloths daily, and sprinkling with pepper or ginger. When wanted for use, wash in warm water, dry well, rub over with butter or clarified dripping, and cover with an inch-thick flour-and-water paste. If to be roasted on the jack, the paste must be tied on. It may be baked in the oven. Twenty minutes or so before serving take off the paste, dust over with flour and brown. Baste very well all the time. If wanted quickly, the paste may be dispensed with, and a double well-greased paper placed round the joint. *Serve with a good strong clear gravy, and hot red currant jelly.* Or, *melt the jelly with a little port wine and serve also.*

HASHED VENISON.

Cut some slices of cold roast venison. If very lean, slice a little mutton fat. Make some stock, if none is ready, with the bones and trimmings; mutton broth is often used. Take about $\frac{3}{4}$ pint stock, a small piece of onion, 1 tablespoon red currant jelly, pepper and salt to taste, and half a glass of claret. Boil these together. Dredge the venison with flour, and put the slices in the pan to warm through. Add a little *lemon* juice before serving. Serve with *red currant jelly* or *prunes* cooked in stock and flavoured with lemon juice. Garnish with small forcemeat balls (fried), and sippets of fried bread.

Fish.

To choose fish.—Fish must be perfectly fresh. The least unpleasant odour shows that the fish is stale. The flesh should be *firm* and of a *good even colour*, the *eyes bright and prominent*, the *gills red*. Cod and turbot may be kept for a day or two, but as a general rule the sooner fish is cooked after being caught the better. If necessary to keep fish, clean well, and hang it in a cool, draughty place. *Do not keep it in water*, as this impoverishes the flesh and makes it flabby.

To prepare fish for cooking.—Wash thoroughly and clean out the inside, leaving the roes. Cut off the fins and tail with scissors, and scrape the scales off with a knife. If the scales are stiff, plunge the fish in *hot water* for a minute. If very slimy, rub with *dry salt*. Dry well inside and out. Some fish are the better for being steeped in water with salt and vinegar before being cooked. *Fresh-water fish* should be steeped for some time. Salt fish may be steeped, before cooking, in unsalted water.

To fillet and skin cod, flounders, etc.—Make a cut down the back of a cod from head to tail. Keep *the knife* (which should be sharp-pointed) *on the bone*, and gently remove all the flesh from each side. Skin each *fillet* by turning the “skin” side to the board, and with a knife raise the flesh from the skin, beginning at the tail.

Flounders are skinned by cutting across the tail end with a sharp-pointed knife (a penknife is useful), and carefully raising the dark skin sufficiently to insert the finger. Then gradually pull off the skin towards the head. To *fillet flounders*, cut down the centre of the back, and raise from the bone. Turn over and do the same with the white side, removing the skin as from a cod.

To boil fish.—A fish kettle is not a necessity, though a great convenience for cooking fish. Lay the fish on

a plate. If shaped like a cod, it may be tied in a circle secured by a string through the eye and tail. Tie up the plate in a thin white cloth, and plunge it into boiling water to which salt or a little vinegar has been added (put 1 *tablespoon of vinegar* to 1 quart of water). Simmer gently so that the fish may not break. Skim carefully. *As to the time*, judgment must be used; but, roughly, 6 or 7 *minutes to the pound* and 6 *minutes over* answers. Thick, close fish, like salmon, will require 10 *minutes to the pound*. Lift and drain. Slide on to a folded napkin, and serve the sauce separately; or, slide on to a hot plate, and pour the sauce over. *Garnish with slices of hard-boiled egg and lemon, parsley, lobster coral or pickled walnuts, etc.*, or coat with a thickish egg, parsley, or anchovy sauce.

To steam fish.—Place fish on a buttered plate inside the “steamer”; or place between two buttered plates over a saucepan of boiling water. Allow from $\frac{1}{2}$ to $\frac{3}{4}$ hour for *cod* or *salmon steaks*, less for *small flounders*. Serve like boiled fish.

To fry fish.—Dredge with a mixture of flour, pepper and salt after thorough drying. Then fry in boiling fat. If preferred, dip in *beaten egg* after dredging and then in *breadcrumbs* placed on a large plate or sheet of paper. Test the heat of the fat by throwing in a piece of bread to see if it browns quickly. A blue smoke ought to be rising from the fat, which should be still. Or, the fish may be *dipped in milk*, drained, then put in *breadcrumbs* or oatmeal. Fish is also very often fried in *batter*.

Oil is used by the best cooks, but *clarified mutton fat* is less expensive. *Butter* gives a bad colour.

Fried fish should be drained on paper, and *served on a napkin with fried parsley*.

To grill fish.—Dry thoroughly, brush over with oil or oiled butter, and season with salt and pepper. Grease the grid. Some prefer to wrap it in oiled paper.

TO KEEP FISH FRESH.

Fish may be kept for some time by rubbing it with salt, inside and out, after cleaning it thoroughly. It should be turned and rubbed daily. When needed, soak it in cold water to make it less salty, using one or more "waters" according to the degree of saltiness preferred. Another method is to use brown sugar (1 dessertspoonful to 3 lbs. of fish) for sprinkling inside the fish. Keep on a flat plate and turn often, so that the sugar may soak in. The fish may then be salted and smoked.

BATTER FOR FISH.

Mix 4 oz. flour with about 1 teacup of milk and 1 beaten egg. Add seasoning.

ANOTHER BATTER FOR FISH.

Mix in order given 2 tablespoons flour, 1 dessertspoon of melted butter, a pinch of salt, 1 teacup warm water, and the beaten white of an egg. Add pepper to taste.

COD (stuffed and baked).

1 Cod.	1 teaspoon Thyme and Mar-
4 oz. Breadcrumbs.	joram.
2 oz. Suet.	Seasoning of Nutmeg, Pepper
1 Egg.	and Salt.
2 tablespoons Stock or Milk.	

Clean and dress the cod and make a stuffing of above ingredients. Stuff, sew, and truss in the form of an S. Place in a baking dish with 2 oz. butter and some stock or oyster liquor for basting. When half done, baste and sprinkle with breadcrumbs. Repeat this once again in a little while. Bake about 1 hour (according to size). Serve with *oyster sauce*, and *garnish* with *sliced lemon and parsley*.

COD à la CRÈME.

1 Cod (small).
1 tablespoon Butter.
1 small Onion.
Salt and Pepper
Flour to thicken.

Minced Parsley.
1 teacup Milk or Cream.
1 teacup white Stock.
Flavouring of Lemon Juico.
A pinch of Sugar.

Boil the cod and break into flakes, leaving out the skin and bones. The stock may be made out of the skin, bones and trimmings, if liked.

Mince the onions fine and put with butter, parsley, and stock into a pan. Boil 5 minutes. Thicken with flour, add cream or milk. Simmer for 10 minutes. Add seasoning. Put in the fish and warm through. Do not let it boil again. Garnish with croûtons.

Smoked fish may be cooked in a similar way.

FISH AND TOMATOES.

Cold Fish.
Tomatoes.
Breadcrumbs.

Butter.
Gravy or Stock.
Pepper and Salt.

Put fish, tomatoes sliced, and breadcrumbs in layers in a pie-dish, with bits of butter and seasoning between. Pour over the gravy. Have a layer of breadcrumbs and bits of butter on top. Bake from 20 to 30 minutes.

FISH CURRY.

Any Fish that flakes well, or
Fillets of Fish.
3 Onions.
1 Apple.
Boiled Rice.

1 tablespoon Flour.
1 gill Cream (or Milk).
Lemon Juice (to taste).
1 Egg.

Dredge the fish with flour and fry it lightly till brown. Also fry the sliced onion and apple (and 1 shallot if possible). Place all in a stewpan and dredge with curry powder; mix the flour smooth with the cream or milk and add; season with lemon juice to taste, also pepper and salt. Stew gently half an hour, add

a teacup of new milk (and 2 tablespoons of lemon pickle if you have it). *Serve with a border of boiled rice garnished with the grated egg yolk and slices of lemon.*

SALMON MAYONNAISE.

1 lb. Salmon.	$\frac{1}{2}$ cup Mayonnaise Sauce (see
1 or 2 Lettuces.	"Sauces").
Small Salading.	2 hard-boiled Eggs.
Beetroot or Tomato.	

In the centre of a dish place the salmon cut up and masked with the sauce. Make a salad of the greens, and place round the salmon. Garnish with slices of beetroot, or tomato and slices of hard-boiled egg. Serve some mayonnaise sauce separately also.

FISH AND OYSTER PIE.

Remains of cold Fish.	Breadcrumbs
2 doz. Oysters.	$\frac{1}{2}$ teaspoon Nutmeg.
Pepper and Salt.	1 dessertspoon Parsley.
White Sauce.	

Arrange the fish, oysters and breadcrumbs in alternate layers with seasoning between each layer. Have breadcrumbs on the top. Make a white sauce with butter, flour, and the oyster liquor, and season it. Pour this over before putting on the last layer of breadcrumbs. Bake 15 to 20 minutes.

STEWED EELS.

1 $\frac{1}{2}$ lbs. of Eels.	1 Onion.
2 cups Stock.	A blade of Mace.
$\frac{1}{2}$ Lemon.	2 or 3 Cloves.

Wash and skin the eels, and cut into pieces from 2 to 3 inches long. Dredge with flour, pepper and salt. Have the stock boiling; add the eel, the onion stuck with cloves, the mace, & a piece of lemon peel. Simmer for half-an-hour or more. Take out the fish and strain the gravy. Return the gravy to the pan, thicken it with flour and boil for 2 or 3 minutes. A little cream and port wine added improve it. Add the lemon juice and the fish. Warm through thoroughly again, and serve.

TINNED SALMON OR FISH CAKE.

1 lb. cold boiled Fish (or Salmon).	2 tablospoons Butter.
6 oz. mashed Potatoes.	Peppor and Salt.
2 oz. Breadcrumbs.	Chopped Parsley.
1 or 2 Eggs.	Milk.

If liked highly seasoned, a few sweet herbs and grated onion (prepared) may be added. Melt the butter with about half a teacup of milk (amount of milk depends on number of eggs used); add potatoes and fish (minced), seasoning, etc. Mix well; add the egg and turn out to cool. Form into small cakes on a floured board. Dip in egg and breadcrumbs and fry in boiling fat. Drain and serve on a napkin, garnished with fried parsley.

SMOKED FISH (grilled).

Put into hot water and boil for 3 or 4 minutes. Take out, rub over with butter and grill for about 5 minutes. Just before serving break over it the *yolk of a soft-boiled egg*. May be served with rashers of bacon.

SMOKED FISH WITH MELTED BUTTER.

Boil the fish, which should be soaked in cold water if too salt. Flake it, removing the skin and any dark parts. Make a melted butter sauce (see "Sauces"), flavouring with anchovy and lemon juice to taste. Put in the fish and serve hot.

FISH BALLS.

$\frac{1}{2}$ lb. cold Fish.	2 tablespoons Butter.
2 Eggs.	1 cup Melted Buttor Sauco.
2 oz. chopped Bacon.	1 Shallot.
2 tablespoons Milk.	Seasoning of Popper and Salt.
$\frac{1}{4}$ lb. Breadcrumbs.	Chopped Parsloy.

Fry the bacon a pale colour in 2 tablespoons butter; add breadcrumbs, seasoning, milk and egg yolks, and cook, stirring well. Add the chopped fish, and cook

for a minute or two. Let this cool. Form into balls on a floured board. Either boil in salted water (boiling) or fry in boiling fat. Dish, and pour over the melted butter sauce flavoured with anchovy and lemon juice. The sauce should be thick enough to cover the balls nicely.

WHITEBAIT (fried).

Wash thoroughly, drain, and dry with a cloth. Put a little flour on another cloth, and shake the whitebait in it, a few at a time. Then fry at once in boiling fat or butter till they turn white. Do not cook too much or they will be tough. Drain and sprinkle with pepper and salt. Serve with *brown bread and butter*, and garnish with *slices of lemon*.

WHITEBAIT IN BATTER.

Make a batter of 2 tablespoons of milk, 1 tablespoon flour, and 2 well-beaten eggs. Season with pepper and salt. Add to this 1 pint of whitebait, prepared as in preceding recipe. Fry in boiling fat in spoonful, till lightly browned.

SOUSED TROUT.

Clean the trout well and cut into neat pieces. Lay it in a small baking-tin with a couple of onions chopped small, a few herbs, mace and nutmeg, pepper and salt, a few bits of butter, and vinegar to cover. Cover over the top, and cook till tender. *Good eaten cold*. Any oily fish may be cooked in this way.

LOBSTER PUDDING.

1 Lobster.
2 cups White Sauce.
 $\frac{1}{2}$ pt. Milk.
Anchovy Sauce.

1 cup Breadcrumbs.
2 Eggs.
1 Onion.

Chop up the white meat from the tail and claws. Boil the onion in the milk with the shells. Beat the eggs and strain the milk (not too hot) over them. Stir

and mix in the breadcrumbs, seasoning and lobster. Add cochineal to colour. Pour into a buttered mould and steam for $1\frac{1}{2}$ hours.

BOILED LOBSTERS or CRAYFISH.

Plunge while alive into boiling salted water; boil quickly from 20 minutes to $\frac{3}{4}$ hour, according to size. Rub the shell over with a little butter or sweet oil. Take the body from the tail. Divide tail, head and body in halves. Take off the large claws and crack them at the joints. Arrange in a dish and decorate with parsley.

LOBSTER CUTLETS.

1 Lobster.
 $1\frac{1}{2}$ tablespoons Butter.
 A little Anchovy Sauce.
 1 tablespoon Flour.
 $\frac{1}{4}$ pint Milk.

Salt and Pepper.
 A pinch of Mace, Nutmeg,
 Cayenne.
 A squeeze of Lemon Juice.
 Chopped Parsley.

Bring the milk to the boil and add the flour rolled in $\frac{1}{2}$ tablespoon of butter. Pound the coral with the rest of the butter, add it, the chopped lobster flesh and the seasonings. Stir well till it boils and thickens. Turn on to a floured board when cool, and shape into cutlets. Brush with egg and cover with breadcrumbs. Fry in boiling fat. Garnish with fried parsley.

STEWED MUSSELS, COCKLES, etc.

Clean the shells and put them in a stewpan. Cover and set over the fire, and shake about till the shells open. Take them out of the shells. Strain the liquor. From mussels the little hairy appendage must be taken away. To 1 pint of mussels put half a pint of liquor, thickened with butter and flour, and seasoned to taste. Milk may be added to make up the quantity of liquor. Place the mussels back in the sauce, and let them stew for a few minutes.

BAKED FISH AND TOMATOES.

Butter a pie-dish and put in layers of fish and slices of tomato alternately, with pepper, salt, nutmeg, ground mace, and a sprinkling of lemon juice between each layer. Finish with a layer of breadcrumbs, and put a few bits of butter over the top. Bake about 15 minutes if the fish is already cooked, from 30 to 40 minutes if uncooked.

TRUMPETER CAKES

Cooked Trumpeter.
3 oz. Bacon.
2 oz. Breadcrumbs.
Anchovy Sauce.

1 Onion.
1 Egg.
Some White Sauce.

Chop fish with fat bacon and onion shredded fine. Mix with breadcrumbs, sauce and egg. Shape into cakes. Dip in egg and breadcrumbs and fry in hot fat. Serve with melted butter sauce seasoned with anchovy sauce.

OYSTERS—TO KEEP OYSTERS.

The oysters should be alive, the shell closing firmly when interfered with. If the shell remains open the oyster is not fit for use. Cover with salt and water and allow them to remain for 12 hours. Take them out and allow them to remain 12 hours without water. Cover with a fresh supply of salt water and let them stand thus alternately with and without water for periods of 12 hours.

SCALLOPED OYSTERS.

2 doz. Oysters.
1 oz. Butter.
1 oz. Flour.
Breadcrumbs.

2 tablespoons Milk, White, or
Fish Stock.
2 tablespoons Cream.
Pepper and Salt.

Scald the oysters in their own liquor and beard them. Strain the liquor, add the butter rolled in the flour, the stock, cream and seasoning. Boil up, stirring well. Add the oysters, and let them heat through without

boiling. Fill the buttered scallop shells. Sprinkle with breadcrumbs, over which a little oiled butter should be sprinkled. Brown for a few minutes in the oven.

STEWED OYSTERS.

Prepare a butter sauce as for scalloped oysters. Add more stock to thin it a little. Scald and beard the oysters, and put them in the sauce to warm through for a minute or two. Add a squeeze of lemon juice before dishing. Garnish with toast cut in fancy shapes.

OYSTER PATTIES.

Line patty pans with puff paste about $\frac{1}{4}$ inch thick. Cut some pieces of bread to place in the bottom of each patty tin to keep the pastry from rising. Cut out a lid for each patty pan, and, with a cutter the size of a florin, stamp out the centre from each lid. Glaze with beaten egg and bake a golden brown, the lid on top of the other. Take carefully from the tins, and remove the bread. Fill with oyster mixture, put on the lid and serve.

Mixture for the Patties.—2 doz. oysters, 1 tablespoon butter, 1 tablespoon flour, 1 teacup milk, pepper and salt, mace, 2 cloves, peppercorns, a few drops of lemon juice, 3 tablespoons cream. Scald the oysters in their own liquor, beard them, and cut each into 3 or 4 pieces. Melt the butter, dredge in the flour, add the milk and oyster liquor, seasoning, etc. Boil up for 4 minutes. Take out the cloves, mace and peppercorns, which should have been tied in muslin. If too thick, add more liquor. Put in the oysters and just heat through ; do not let it boil, or the oysters will harden.

PATTY CAKES.

Roll out some good puff paste, and cut some rounds about $\frac{1}{2}$ inch thick, for the bottom of the case. Roll out the rest of the pastry to about $\frac{1}{4}$ inch in thickness,

and with the same cutter cut into rounds for the lids. Take a cutter about half the size and cut out the centres of these lids. With the small cutter also cut out some rounds of bread, place these on the bottom round to prevent the centre from rising. Brush over with beaten egg the outside edge of the bottom round, place one or two of the "lid" rings on top, brushing each with a beaten egg. Place the case and the pieces cut out on a cold oven tray, and bake in a good oven from 20 to 30 minutes. When nicely risen and coloured they should be placed in a cooler part of the oven.

OYSTERS IN BACON.

Roll each oyster in a thin slice of bacon. Season, skewer, and either grill or fry.

OYSTER OMELET.

Make a good omelet mixture (see "Omelets"). Have a thick *oyster mixture*, as for patties, with the oysters chopped small; put a layer between, and fold the omelet over. Serve with oyster sauce.

OYSTER FRITTERS.

2 doz. Oysters.
1 tablespoon Butter.
3 Eggs.

2 level tablespoons Flour.
2 tablespoons Oyster Liquor.
Pepper and Salt.

Make a batter by dissolving the butter in the oyster liquor (strained), dredging in the flour and stirring well. Take off the fire, and add the eggs one by one (2 large eggs will do). Scald and beard the oysters, and dip each into batter, and fry a golden brown in boiling fat.

OYSTERS ON TOAST.

Make a thick white sauce with $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, and 1 cup milk and oyster liquor mixed. Chop small 2 or 3 dozen oysters, warm through in the mixture, and serve on hot toast (unbuttered).

BUTTERED EGGS AND OYSTERS.

3 Eggs.
12 Oysters.
1 oz. Butter.

Hot buttered Toast.
Seasoning.

Beard the oysters and cut each in three or four pieces. Beat the eggs, add oysters, and turn all into a pot in which the butter has been melted. Add seasoning and stir till of a creamy consistency. Heap on squares of buttered toast.

OYSTERS IN DARIOLES.

20 Oysters.	2 oz. Butter.
3 oz. Flour.	1½ cups Milk.
Seasoning and 1 teaspoon	3 Eggs.
Lemon Juice.	

Beard oysters, scald them in their own liquor, and cut them up. Blend flour and butter on a plate, put it in a pot.

OYSTER AND MACARONI PIE.

2 doz. Oysters.	2 tablespoons Butter.
3 oz. Macaroni.	1 oz. Flour.
Breadcrumbs.	Seasoning.

Boil the macaroni till quite tender in weak stock or the oyster liquor. Arrange the macaroni and oysters in layers in a buttered pie-dish with seasoning and a little oyster liquor and lemon juice between. Have a good layer of macaroni last. Make a white sauce about the consistency of thick cream with the flour, some of the butter and liquor. Pour this over the oysters and macaroni. Cover with breadcrumbs, sprinkle bits of butter over the top, and brown in a quick oven for a few minutes.

CLAMS (or PIPIS).

1 pt. Clams (or Pipsis).	1 Onion (chopped fine).
3 Potatoes.	2 Tomatoes.
3 oz. Bacon Dice.	Seasoning to taste.

Fry bacon and chopped onion a light brown, add chopped potato and sliced tomato. Just cover with cold water. Season and simmer for 25 minutes. Add clams, and cook for 15 minutes. Thicken the gravy with cracker crumbs or any desired thickening.

Egg Dishes and Savouries.

Savouries "*proper*" follow the "*Sweets*" course of a dinner, though they may also be suitably used as luncheon or breakfast dishes. Their main characteristic should be a strong, appetising flavour. Under this heading a few of the more popular savouries are placed, but there is such a variety of them that savoury dishes suitable for a separate course may be found under other headings throughout the book. *Fish savouries* (in which oysters, sardines, lobsters, and other shellfish are used) may be found in the pages immediately preceding; *vegetable savouries* under "*Vegetables and Vegetarian Cookery.*" *Eggs and cheese* cooked in tasty ways, *devilled chicken* and other meats all may be used as savouries. Preparations of *caviare* (sturgeons' roe salted) and of *foie-gras* (fat goose liver) are often used where a piquant, strong flavour is desired.

TO BOIL EGGS.

1. Place in boiling water and boil from $3\frac{1}{2}$ to 4 minutes. *Newly laid* eggs take a little longer than others. If liked hard allow from 5 to 7 minutes. Hard-boiled eggs for *salads*, etc., take from 10 to 15 minutes.

2. Or place in cold water and bring to boiling-point. Lift off the fire and place in a warm place on the range, where it will not boil, and leave about 5 or 7 minutes, when the white will be delicately cooked. This is the best way to boil eggs. Boiled eggs may be re-served

by heating again in boiling water, or they may be curried, or served as Scotch or savoury eggs (see below).

STEAMED EGGS.

Spread the inside of small cups thickly with butter. Then press against the sides a mixture of delicate cooked and minced ham, bacon, veal or chicken and chopped parsley. Break an egg into the middle of each cup. Cover with greased paper, and steam till the eggs are firm. Turn out on to rounds of buttered toast.

TO POACH EGGS.

Eggs for poaching should be about 36 hours old or the white is too milky to set. Have a frying-pan (for 4 or 5 eggs) nearly full of boiling salted water, or water with vinegar added (1 tablespoon of vinegar to 1 pint of water). Break the eggs separately into a cup or saucer, keeping the yolks whole. Slip the eggs one by one into the water and let them simmer gently till the white is set. Take the eggs up with a slice, drain, and serve on slices of toast, ham, or bacon, etc. Or, place each egg into a round, plain, buttered patty-pan, place in a frying-pan with a little boiling water. Cover with a saucepan lid and cook 5 minutes.

To re-serve poached eggs.—Roll in flour, dip in egg, roll in breadcrumbs, and fry. Serve with fried parsley.

BAKED EGGS.

Whip the whites of 3 or 4 eggs very stiff, with a little seasoning. Spread evenly in a small buttered pie-dish. Make holes evenly over the whites to receive the yolks, which should be kept whole and separate. Drop a little milk into each hole, then slip in the yolks and bake till all is nicely set. Sprinkle some finely chopped parsley over the top and serve hot.

BUTTERED EGGS.

Melt about 3 tablespoons of butter in a basin placed inside a pot of boiling water. Add white pepper and salt. Beat up 3 or 4 eggs and stir them into the hot butter. Keep stirring till they begin to set. Do not let them boil. Serve on buttered toast.

SCRAMBLED EGGS.

5 or 6 Eggs.
1 oz. Butter.

$\frac{1}{2}$ pint Milk.
Pepper and Salt.

Melt the butter, add eggs beaten a little and the milk. Add seasoning and stir till it begins to thicken. Do not cook it too much after this. It should be soft like curds. Serve on hot buttered toast.

Any finely cut pieces of cold meat, ham, chicken, grated cheese, etc., may be added to buttered or scrambled eggs.

CURRIED EGGS.

$1\frac{1}{2}$ oz. Butter.
1 oz. Flour.
1 small Onion.
4 or 5 hard-boiled Eggs.

1 small Apple.
 $1\frac{1}{2}$ teaspoons Curry Powder.
 $\frac{1}{2}$ pint Stock.

Fry the apple and onion (sliced fine), to a light brown in the butter. Mix the flour and curry powder smooth with a little of the stock and add it gradually to the apple and onion and then the rest of the stock, stirring all the time. Let this curry sauce cook for about 20 minutes. Slice the eggs and warm them through in the sauce. Serve hot. If liked, a *border of rice* may be served round the curry.

BAKED EGGS ON TOAST.

Stamp out with a round cutter as many rounds of toast as you have eggs. Cut out the centres with a smaller cutter to form rings. Spread each ring with butter and place in a buttered dish. Break an egg carefully into each ring; and if you have it, place a

dessertspoon of cream round each egg. Set carefully in a slow oven until the white is nicely set. Season and serve hot. *Fried bacon* may be served with this dish.

SCOTCH EGGS.

4 or 5 Eggs.	$\frac{1}{4}$ lb. Breadcrumbs.
$\frac{1}{4}$ lb. Pork Sausage Meat.	$\frac{1}{2}$ teaspoon Salt.
A grating of Nutmeg.	$\frac{1}{4}$ teaspoon Pepper.
1 teaspoon grated Lemon Rind.	

Boil 3 or 4 eggs for 10 minutes till hard. Cool in cold water. Make a forcemeat of the breadcrumbs, sausage-meat, seasoning, and lemon rind, and bind with 1 beaten (raw) egg. Take the shells from the hard-boiled eggs, cover with the forcemeat, roll in flour or brush with egg and roll in breadcrumbs. *Fry* in boiling fat. Cut the eggs neatly in halves and stand in a hot dish. Serve with a good thickened brown gravy poured round.

SAVOURY EGGS.

5 or 6 Eggs.	1 or 2 tablespoons minced Ham
Herbs.	or Anchovies.
$\frac{1}{2}$ oz. Butter.	Salt and Pepper.

Boil the eggs for 15 minutes. Cool, shell and halve. Pound the yolks with the ham, or anchovies, butter, herbs, pepper and salt; and fill the whites with the mixture. Press the sides together, brush with raw egg and roll in breadcrumbs. *Fry* in boiling fat. Drain and serve on a napkin. Garnish with fried parsley.

EGGS AND ASPARAGUS.

1 teacup of Asparagus Tops.	Seasoning.
$1\frac{1}{2}$ oz. Butter.	2 slices Toast.
4 or 5 Eggs.	2 tablespoons Cream (or Milk).

Cut the asparagus tops in small pieces about $\frac{1}{2}$ inch long, and cook them. Drain and keep hot with a little melted butter over them. Beat the eggs, add cream and seasoning (salt, pepper, nutmeg). Melt about

1 tablespoon of butter in a pan and stir in the beaten eggs. Stir continuously till it begins to thicken; then add the asparagus. Mix carefully and serve on the toast cut into neat pieces. *Minced ham* may be used in a similar way instead of asparagus.

POACHED EGGS AND MUSHROOM SAUCE.

6 or 7 Eggs.

3 or 4 oz. of Boiled Ham.

$\frac{1}{2}$ pint Stock.

Toast.

5 or 6 small Mushrooms.

1 oz. Butter.

Seasoning.

Mince the meat and mix well with the butter, seasoning of pepper and salt, and 1 raw egg. Stir this over the fire till hot. Cook the mushrooms (which may be chopped into small pieces or left whole), in the stock till tender. Have the toast cut into neat pieces and placed on a hot dish. Place the hot meat on the toast and then the eggs (poached) on top of the meat. Pour the gravy and the mushrooms round.

EGGS AND GREEN PEAS.

5 or 6 Eggs.

$\frac{3}{4}$ cup boiled Peas.

Seasoning.

1 $\frac{1}{2}$ tablespoons Cream or Stock.

Beat the eggs slightly; add cream, pepper, and salt; and stir all over the fire; add the peas. When it thickens take off and serve on hot buttered toast.

EGGS BAKED IN TOMATOES.

Have the tomatoes moderately large. Cut off the tops and scoop out some of the pulp. Season and then drop an egg into each. Place on a greased dish and bake for about 10 or 12 minutes. Take the part scooped out, season and heat over the fire with some butter. Put this through a sieve, re-heat and serve as sauce. The tomatoes may be placed on slices of fried bacon or toast.

HAM TOAST.

$\frac{1}{2}$ lb. cooked Ham (or Bacon).	8 rounds of Toast.
1 raw Egg.	Pepper and Salt.
1 hard-boiled Egg.	

Mince the ham and pound it with the yolk of the hard-boiled egg and seasoning. Add the raw egg and stir over the fire till hot. Colour if liked with 1 drop of carmine. Spread on the toast and then sprinkle with the white of the egg rubbed through a sieve. Place in the oven to heat for a few minutes and serve.

LIVER AND BACON WITH FORCEMEAT.

Cut some slices of liver. Spread with a layer of forcemeat and then place a very thin slice of bacon on top. Place in a baking-tin. Pour round about half a cup of stock and *bake* for about half an hour. Thicken the gravy with browned flour and serve with a border of mashed potatoes.

MACARONI CHEESE.

4 oz. Macaroni.	1 cup Milk.
$1\frac{1}{2}$ oz. Butter.	Salt.
$1\frac{1}{2}$ oz. Flour.	2 or 3 oz. grated Cheese.
Mustard.	

Soak the macaroni for 1 hour in cold water ; then boil it till tender. Melt the butter in a pan, dredge in the flour, stir well. Add the milk and a little salt. Stir till it boils ; then add the macaroni and mix well. Put some of this macaroni mixture into a pie-dish. Sprinkle over it a layer of the grated cheese and some dry mustard. Then place another layer of the macaroni mixture, and so on, finishing with a layer of grated cheese. Sprinkle a few bits of butter over the top layer. A border of pastry may be placed round the edge of the pie-dish. Bake till pastry is nicely done. Serve hot on another dish with a nicely folded napkin on it.

SARDINE CIGARETTES.

Take a few sardines and scrape them; have some pieces of paste, roll out very thin and cut in pieces 3 inches long and $1\frac{1}{2}$ inches wide, just large enough to wrap round sardines. Roll up each sardine in a piece of paste with edges wet to join nicely. Fasten the ends. Brush with egg, roll in crumbs and fry in boiling fat. Drain and serve hot. Or, before rolling dip each sardine in grated cheese or curry powder, and when ready sprinkle over with cheese.

SARDINE CANAPES.

4 or 5 large Sardines.

$\frac{1}{2}$ oz. Butter.

2 Eggs.

Seasoning of Pepper.

1 teaspoon Flour.

1 teaspoon Worcester Sauce.

1 teaspoon Ketchup.

1 teaspoon Anchovy Sauce.

Bone, skin and mince the sardines and mix with other ingredients. Stir all over the fire till it thickens. Serve on rounds of toast or fried bread.

Sardines are very tasty if heated in the tin, sprinkled with pepper or cayenne and a little lemon juice, then placed neatly on slices of toast and the hot oil poured over. They may also be *fried in batter*.

CHEESE CUSTARD.

2 heaped tablespoons Bread-
crumbs.

3 oz. of grated Cheese.

Pepper, Mustard and Salt.

1 pt. Milk.

2 or 3 Eggs.

$\frac{1}{2}$ oz. Butter.

Boil about $1\frac{1}{2}$ cups of milk and pour it over the breadcrumbs. Add grated cheese, pepper, mustard, and salt to taste. Stir well. Beat the eggs and add these last. *Bake* in a buttered pie-dish for about 20 minutes and serve at once.

WELSH RAREBIT.

3 or 4 oz. Cheese.

1 teaspoon Mustard.

Pepper and Salt.

2 tablespoons Butter.

1 tablespoon Milk or Ale.

Grate the cheese or cut it small. Stir all the ingredients over the fire until dissolved. Serve on toast. May be eaten with poached eggs.

CHEESE FRITTERS.

2 tablespoons Flour.	1 oz. grated Cheese.
1 tablespoon made Mustard.	$\frac{1}{2}$ teacup Milk.
2 Eggs (whites only).	Salt.

Beat up the flour, mustard, milk, and a little salt. Add the grated cheese with the whites beaten stiff. Drop from a dessertspoon into boiling fat and *fry* a golden brown. Drain and serve on a napkin.

CHEESE STRAWS.

2 oz. Butter.	4 oz. grated Cheese. *
4 oz. Flour.	1 teaspoon dry Mustard.
2 Eggs.	Cayenne.

Rub the butter into the flour. Add the cheese, mustard, and cayenne to taste. Mix with the eggs into a stiff paste. Roll and fold over like pastry. Roll out lastly to about $\frac{1}{8}$ inch thick. Cut into strips 4 inches long and $\frac{1}{8}$ inch broad (the straws). *Bake* on a floured tray about 10 minutes. Pile crosswise on a folded napkin placed on a hot dish. Let them toast before the fire and serve hot.

CHEESE FONDU.

3 oz. grated Cheese.	1 tablespoon Butter.
3 Eggs.	1 teacup Milk.
1 tablespoon Flour.	Pepper, Mustard, Salt.

Boil the milk and stir in the butter rolled in the flour. Add a pinch of salt, a little pepper and mustard. Cool a little and add 2 yolks. Stir in the cheese. Lastly add the 3 whites beaten stiff. *Bake* in a buttered pie-dish or mould for 20 or 30 minutes.

Instead of flour or milk, 3 tablespoons of cream may be used.

CHEESE TOAST.

1 heaped cup grated Cheese.	1 tablespoon Butter.
1½ cups hot Milk.	1 oz. Flour.

Slices of buttered Toast.

Mix about $\frac{1}{2}$ eggspoon each of salt and pepper with the flour and work this up with the butter in a small pot. Add the hot milk. Keep stirring till it begins to thicken, and then add the cheese and stir till it melts. When the mixture is fairly thick, pour it over the toast and serve hot.

CHEESE CRACKERS.

Make grated cheese into a paste with butter. Season with mustard, salt and pepper to taste. Place on cream crackers (water biscuits will do). Heat up in the oven and serve very hot.

ANCHOVY STRAWS.

2 oz. Flour.	3 or 4 oz. grated Cheese.
2 oz. Butter.	Curry Powder.
1 Egg.	Cayenne.

1 teaspoon Anchovy Essence.

Rub the butter and cheese into the flour. Season with a dust of curry powder and cayenne. Moisten with the yolk of an egg beaten up with the anchovy essence. Mix to a smooth paste. Roll out thinly on a floured board. Cut in straws and *bake* in a fairly quick oven about 10 minutes. Serve like "Cheese Straws."

CHEESE OMELETTE.

3 Eggs.	1 tablespoon Cream or Milk.
2 tablespoons grated Cheese.	1 oz. Butter.

Pepper and Salt.

Beat the eggs well ; add milk or cream, cheese and seasoning. Have the butter heated in the pan and well skimmed if necessary. Pour in the mixture and keep stirring till it begins to set. Brown it slightly and fold over in two as it is slipped on to a warm dish. Serve at once. If the cheese is very strong use less of it.

CRÔUTES OF SARDINES AND TOMATO.

Tomatoes.
Cornflour.
Seasoning.

Sardines.
Fried Bread.

Beat the pulp and juice of the tomatoes in a small pot. Thicken this with a little cornflour stirred into a smooth paste with some of the cold tomato juice and a little water added if necessary. Stir till it thickens. Season with salt, pepper and a little grated cheese if liked. Stir well and then spread nicely shaped pieces of fried bread with the mixture. Lay the sardines on top, one (or two if small) on each finger of bread, and cover these again with the tomato mixture. Place in the oven till hot and serve.

HERRING ROE SAVOURY.

Herring Roes.
Mushrooms.

Fried Bread or Toast.
Seasoning and Parsley.

Place the roes in boiling slightly salted water for a minute or two. Fry the mushrooms, season with pepper and salt and place one on each round of fried bread. Then place the roes on top of the mushrooms with a bit of fried parsley on top of each.

COD'S ROE CRÔUTES.

Cod's Roe (fresh or salt).
Shallots.
Fried Bread or Toast.

Parsley.
Seasoning.
1 Egg.

If the cod is smoked, soak the roe in cold water for an hour or so. Then drain and dry; slice and fry in butter. If fresh, boil gently for about 10 minutes in slightly salted water to which a little vinegar has been added: when cold cut the roe in slices. Have slices of toast or fried bread cut into diamond shapes, sprinkle with the finely chopped shallots, parsley, pepper and salt; place a slice of roe on each. Decorate with chopped white of egg, and sprinkle with a little cayenne. Serve very hot.

MOCK CRAB.

$\frac{1}{2}$ lb. mellow Cheese.	Vinegar.
$\frac{1}{4}$ lb. (potted) Shrimps.	Made Mustard.
Salad Oil.	Pepper and Salt.

Pound the cheese in a mortar with salad oil, vinegar, made mustard, pepper and salt to taste, making it of the consistency of the cream of a crab. Add the potted shrimps. Serve in a crab shell or any ornamental fancy dish, and garnish with sliced lemon. Some prefer cream to the oil; if this be sour, do not use so much vinegar.

DEVILLED SHRIMPS.

Wash the shrimps and dry them. Toss in a little flour and then fry in hot fat for 3 or 4 minutes till crisp. Drain well on paper and sprinkle lightly with cayenne and parsley. Serve hot.

DEVILLED LOBSTER ON TOAST.

1 small Lobster.	$\frac{1}{2}$ teacup Breadcrumbs.
$\frac{1}{2}$ cup thick Cream (or White Sauce).	Vinegar, Mustard, Cayenne, Nutmeg.
1 tablespoon Butter.	

Pound the lobster flesh with the breadcrumbs and butter, adding about 1 teaspoon of white vinegar, $\frac{1}{2}$ teaspoon of mustard, and other seasonings to taste. Rub this through a sieve. Pile it on rounds of toast (or fried bread), cover with the cream (whipped) or sauce, which may be seasoned to taste with cayenne and vinegar or lemon juice. Serve cold.

OYSTERS IN POTATO CASES.

2 $\frac{1}{2}$ doz. Oysters.	3 tablespoons white butter
6 Potatoes.	Sauce.
2 tablespoons thick Cream.	1 Egg.
	12 Prawns.

Choose rather large oval-shaped potatoes, as nearly one size as possible. Peel, shape neatly, and cut in halves lengthways, making them stand firmly with

the cut face uppermost. Place them in a buttered tin and bake till tender. Scoop out some of the inside and brush these oval potato cases on the outside with beaten egg. Have the oyster mixture made of the cream and sauce with the oysters bearded, scalded, and cut in halves, the oyster liquor added, and the whole nicely seasoned. Fill the potato cases with the oyster mixture and sprinkle the chopped prawns over the top. Place in a fire-proof dish, heat up and serve at once.

MUSHROOM SOUFFLÉ.

3 or 4 Eggs.
6 or 7 Mushrooms.
About $\frac{1}{2}$ cup Milk.

1 tablespoon Butter.
1 tablespoon Flour.
Seasoning.

Make a sauce of the butter, flour and milk (see "Melted Butter"). Peel and chop the mushrooms. Beat the yolks and stir them gently into the sauce, which must be cooled, stir in the mushrooms, season with pepper and salt; add the well-beaten whites last. Turn into a buttered dish or soufflé tin, and *bake* in a good oven for about 30 minutes and serve at once.

MARROW TOAST.

Get the marrow from beef bones. The bones should be sawn into short pieces (the ends covered with a flour and water paste) and boiled in a floured cloth about 2 hours. Pick out the marrow, season it with pepper and salt, and spread it on fried bread or hot buttered toast cut into fancy shapes. Beat up in the oven and serve very hot. Sprinkle with chopped parsley and add a dash of lemon juice before serving.

OLIVES AND ANCHOVIES.

1 doz. Anchovies.
1 doz. Olives.

Slices of fried Bread.

Wash and wipe the anchovies. Fillet them and use half for pounding with a piece of butter (anchovy butter). Stone the olives, keeping them as whole

as possible, stuff them with the anchovy butter, and shape them nicely. Have the fried bread cut into neat rounds, spread with anchovy butter, and place a stuffed olive in the centre of each; then place a fillet of anchovy round each olive, keeping the skin side out. Serve cold on a suitably-folded serviette.

Vegetables.

TO CLEAN VEGETABLES.

Vegetables should be well washed in two or three different waters. Greens, cabbages, cauliflower, etc., must be soaked in salt and water ($\frac{1}{2}$ oz. salt to 1 quart of water), or *vinegar and water* for about half an hour to draw out slugs and other insects. They should then be well washed. Some prefer to *pour boiling water over* the vegetables to free them from insects. This is a quicker method.

TO COOK VEGETABLES.

With a few exceptions vegetables are placed in *boiling water* and boiled fast *with the lid off the pot*. After putting the vegetables in, the lid may be put on until the water boils up again. Salt is added to the water in which fresh vegetables are boiled after the vegetable begins to soften. *1 oz. of salt is sufficient for 1 quart of water*. Old potatoes, Jerusalem artichokes, spinach, dried vegetables such as peas and beans, are placed in *cold water* for cooking. Boil all vegetables *whole* as far as possible, as cutting is apt to make them lose some of their flavour. Do not allow piced vegetables to remain too long soaking in cold water. A little sugar added to the water in which most vegetables are boiled is said to improve the flavour.

Vegetables intended for *curry, stews, or purées*, are improved in flavour by being slightly fried in hot fat before being used.

TO BOIL POTATOES.

Old potatoes are best flavoured when boiled in their skins. Have them of a moderate and even size. Wash well. Cut off a small piece at either end to let out the steam and to keep the skin from cracking when cooked. Barely cover with *cold water*. Boil half an hour from the time when the water boils. If the potatoes are rather large, allow a longer time and boil slowly, so that the centre may be well cooked. A little cold water added now and then keeps them from boiling too fast; or, some prefer to pour off the first water and fill up with cold again; this throws the steam to the centre of the potato and helps to soften it. As the water in which potatoes is boiled is very unwholesome, many prefer to change the water, at least once during the cooking. Add salt as for vegetables. If preferred peeled, pare thinly and do not let them lie long in water before cooking.

New potatoes are washed in cold water and then scraped or rubbed with a cloth or brush. Place them in *boiling water* and boil from 15 to 20 minutes, or longer if they are large. Add salt and a *little mint*. When nearly ready, the water should be poured off from potatoes (old or new), and a folded towel should be placed over the pot. Place the pot at the side of the fire, and let the potatoes dry slowly. Do not cover with anything but a cloth, even after dishing for the table.

MASHED POTATOES.

Boil the potatoes, pour off the water, and let them steam dry. Add butter or dripping, pepper, and a little milk, and mash with a fork or warm wooden potato-masher. For a pretty dish the perforated metal potato-masher is very convenient; or the potatoes may be pressed through a wire sieve.

BAKED POTATOES (with Roast Meat).

Peel and parboil the potatoes. About an hour or so before the joint is ready, dredge the potatoes (well

drained) with flour, pepper and salt, and place in the hot dripping round the joint. Turn and baste well.

STUFFED POTATOES.

Bake some large potatoes. Before they are quite done cut out a picee and carefully remove some of the centre with a corer or small spoon. Fill with a good forcemeat, replace the piece cut out, and finish baking.

POTATO BALLS.

Mashed Potatoes.
2 Eggs.

Chopped Ham and Parsley.
Butter and Seasoning.

Mix with beaten eggs, saving the white of one. Season to taste and form into small balls. Brush over with the white of egg reserved, roll in flour and bake a delicate colour in the oven, or fry in deep fat.

POTATO MOULD.

Mash potatoes with butter and a little milk, making them smooth but not wet. Season and decorate with chopped parsley. Press into a greased mould and bake half an hour. Before serving dust with bread raspings or grated cheese. Garnish with beetroot and cut lemon.

POTATO CHIPS.

Wash and peel the potatoes. Dry well. Cut into small strips. Sprinkle with salt and fry in boiling fat. Drain well on kitchen paper. Pile on a hot dish, and garnish with fried parsley. They may be par-boiled before cutting into strips.

ITALIAN POTATOES.

Mash about 1 lb. of cold boiled potatoes very smoothly. Beat them with the yolks of 2 eggs, 2 tablespoons of milk, 1 tablespoon of butter, and seasoning of pepper and salt to taste. Add the beaten whites last, and place at once in a buttered dish. Bake from 15 to 20 minutes.

STEAMED POTATOES.

Wash and peel or keep the skins on. Soak in salt and water. Steam over water kept boiling all the time. Serve at once when cooked.

TO PREPARE POTATOES FOR STEWS, SOUPS, etc.

Parboil the potatoes by putting them in cold water and letting them come to the boil; or pouring boiling water over them, and let them stand till cool.

CABBAGE AND CAULIFLOWER.

Boil in salted water from 20 to 30 minutes. Drain well and serve. To keep the colour of cabbage or any greens, a piece of *washing soda* the size of a pea may be used in the water. To prevent the objectionable smell, place a *crust of bread* tied in muslin, or a *piece of charcoal* in the pot.

Cauliflower should be boiled stalk upwards to keep the flower white and clean. Serve with white sauce.

Cabbage is good if chopped fine with a little melted butter, pepper and salt added.

CAULIFLOWER au GRATIN.

Boil the cauliflower, taking care not to let it get too soft. Place neatly on a dish. Pour over it a thick coating of thick melted butter sauce with grated cheese mixed in. Sprinkle grated cheese and then bread-crumbs over all, and brown in a hot oven.

STUFFED CABBAGE.

Clean and trim a nice tender cabbage. Partly cut through the stalk end, and scoop some out; fill it with a forcemeat made of minced meat, stale bread (soaked in milk, water, or stock and squeezed dry), and a minced onion. Season with pepper and salt. Use either milk or an egg to bind. Place the stalk end back in position

tie the cabbage in a cloth and boil for 1 hour or so. Turn out carefully and serve with a well-flavoured gravy.

ONIONS (boiled).

To boil onions, after skinning and washing them, put into boiling water for 4 or 5 minutes. Pour this water off and pour over them some fresh boiling water. Boil till quite tender, time depending on the size. If the strong taste is objected to, change the water oftener. Serve with roasts.

TO PREPARE ONIONS FOR FRYING, STEWS, etc.

Cut up the onions and pour boiling water over them and allow them to stand for 10 or 15 minutes. Drain and cook.

STEWED ONIONS.

Skin the onions and wash them. They are best of a moderate size. Dredge them with flour and *fry* lightly in butter. Place them in the stewpan, and just barely cover them with stock. Season well. Cook till tender, taking care not to break them. Dish and pour the gravy over them.

SPANISH ONION PIE.

Peel and slice 4 or 5 Spanish onions. Butter a pie-dish and line it with breadcrumbs. Then put a layer of onions chopped fine, seasoning of pepper and salt and some bits of butter. Proceed with alternate layers of crumbs and onion till the dish is full. Have a layer of crumbs last. Pour over a cup of milk or good gravy and bake $1\frac{1}{2}$ hours.

BOILED LEEKS.

Trim and wash the leeks carefully. Tie them into bundles and boil in boiling salted water for 5 or 10 minutes. Pour off this water and put them on again

with milk (or milk and water) sufficient to cover them. Let them stew about 20 minutes. Dish on toast and keep warm. Thicken the milk with flour and butter, boil up, season and pour over the leeks.

CARROTS (boiled).

Young carrots may be boiled with the skin on. It is easily removed afterwards by plunging them for a moment in cold water, rubbing off the skin with a clean cloth; return them to the boiling water to heat through again. Old carrots must be *scraped* after they are washed; they take about 1 hour to cook through. Carrots are usually served with *salt beef* or *pork*.

STEWED CARROTS.

Slice the carrots and let them fry lightly in butter. Just cover with stock and let them stew gently till tender. Remove the carrot, reduce the stock, add a little chopped parsley to it, and pour it over the carrot. This is a nice dish to serve with *roast pork* or *sausages*.

PARSNIPS.

May be cleaned and prepared like carrots. *Boiled* parsnips are served with *salt fish*, *boiled pork* or *beef*. Baked parsnips, parboiled first, are often served with *roast mutton*. Time, from $\frac{3}{4}$ hour to $1\frac{1}{2}$ hours, depending on the size.

TURNIPS.

Wash and remove the thick skin by paring. Serve with *boiled meats*, especially mutton. *Young turnips* may be cut into dice and cooked gently in melted butter (2 tablespoons butter to 1 lb. of turnips). Season with pepper and salt and cook for about $\frac{3}{4}$ to 1 hour. They may be served alone or with mutton cutlets placed round.

JERUSALEM ARTICHOKEs.

Peel and as they are done throw them in cold water so that they may keep a good colour. Cook like old potatoes. Serve with *white sauce* in which a little chopped parsley has been put. Or, they may be put through a potato-masher, butter, pepper and salt being added. They are also good *baked* with roast mutton. Time, 20 to 30 minutes after the water boils.

FRIED ARTICHOKEs.

Parboil them and slice half an inch thick. Season. Dip in egg and breadcrumbs and fry a golden brown. Grate Parmesan cheese over them and serve dry.

SALSIFY FRIED.

Make a batter (see "Fritters") and let it stand awhile. Have the salsify grated, mix it in the batter, season and drop spoonful into hot fat. As they are done place them in a hot colander, cover and keep very hot.

SALSIFY STEWED.

Wash and scrape the salsify, place in a weak solution of vinegar and cold water, bring to the boil and simmer 10 minutes. Pour off the liquid, rinse salsify in boiling water and put on again in fresh boiling water. Boil 10 minutes or so more, and when done place in well-seasoned melted butter sauce; boil 5 minutes on an asbestos mat so that it may not burn.

GLOBE ARTICHOKEs.

Cut off the stalk close to the bottom. Let them lie in salt and water for an hour or two. Wash and place in boiling water. Add salt. Boil from 1½ to 2 hours till tender. Serve with butter sauce.

GREEN PEAS.

Shell, wash in cold water, place in just enough boiling water to cover. Cook with salt, a little sugar and a

spray of mint. Keep boiling quickly with the lid off. Time, from 20 to 30 minutes, depending on the age of the peas.

GREEN PEAS WITH LETTUCE.

Have about 1 quart of shelled peas. Tie the heart of a lettuce up with 2 or 3 spring onions and a piece of parsley; and put this in the centre of the peas. Add about 3 tablespoons of butter, 1 small teaspoon of sugar, about 3 or 4 tablespoons of gravy or cold water, and a little salt. Cover and cook gently for about 30 minutes. Remove the lettuce, etc. Melt about $\frac{1}{2}$ oz. of butter, dredge in about $\frac{1}{2}$ oz. flour; stir this in with peas, and serve hot.

FRENCH BEANS.

Wash in cold water. Drain them. Remove the stringy parts from the sides, and cut into narrow strips or into diamond shapes. Place in boiling salted water. When tender, drain. Mix with melted butter, pepper and a little flour dredged over. Serve hot. They may also be dressed like green peas with lettuce as given above.

GREEN PEAS PUDDING.

Have about 1 breakfast cup of shelled peas. Beat up 4 eggs. Mix together 1 tablespoon of butter and 2 tablespoons of flour. Melt this and stir in 1 tablespoon of finely minced ham, pepper and salt. Let it cool and add the beaten eggs and enough milk to make a thick batter. Butter a mould, tie it down with a floured cloth and boil for 2 hours. Turn it out and serve with plain melted butter.

ASPARAGUS PUDDING.

Cut the asparagus up small and make like the peas pudding.

CREAM OF ASPARAGUS.

See "Cream of Celery" (p. 135). To be cooked and served in the same way.

ASPARAGUS.

Wash in cold water. Cut off the white ends. Tie in bundles and cut evenly. Place in boiling water, salt, and cook from 20 to 25 minutes. The heads cook more quickly than the stalks, so if they can be arranged to stand upright with the heads out of the water, the steam will be sufficient to cook the heads. Drain them and remove the strings. Arrange on toast, which may be dipped in the water the asparagus was cooked in. Pour a Dutch sauce (see below) over them and serve.

DUTCH SAUCE FOR ASPARAGUS.

Put 3 or 4 oz. of butter in a jar, add salt and pepper and 2 tablespoons of boiling water. Place the jar in a saucepan of boiling water. When melted stir in the yolks of 2 eggs, and stir till it thickens. Flavour to taste with lemon juice. It should be of the consistency of cream.

ANOTHER WAY TO SERVE ASPARAGUS.

Cut up young tender asparagus into small lengths, and boil in salted water from 10 to 15 minutes. Drain; melt 1 oz. of butter in a pan, stir in 1 dessertspoon of flour and a pinch of sugar; add a little parsley and green onion. Add the asparagus, and pour in boiling water to barely cover it. Boil up. Take out the parsley and onion. Put the pot at the side of the fire and carefully stir in the yolk of an egg. More yolks and less flour may be used.

Cold boiled asparagus may be served with a mayonnaise sauce.

Poached eggs may be served on asparagus and toast.

SEA-KALE.

Cut off any part that is green. Cook and serve like asparagus.

CELERY.

May be eaten raw with the cheese course. Or it may be boiled or stewed, and served as a vegetable. It is very good stewed in stock. Drain; thicken the stock with butter and flour. Flavour with lemon and pour over the celery.

CREAM OF CELERY.

Clean and cut into pieces the white part of 2 heads of celery. Boil in milk till tender. Strain and pass it through a sieve. Keep the milk. Beat up 5 eggs with white pepper and salt. Add 1 teacup of cream and 1 teacup of the milk in which the celery was boiled. Stir over a slow fire till it begins to thicken. Do not let it boil. Then add the celery. Fill 18 small moulds or teacups, cover with buttered paper and steam in water just off the boil. Turn out and serve round lettuce or cress.

STEWED CELERY.

Trim and cut into equal lengths. Tie in bundles and parboil in boiling salted water for 10 minutes. Drain. Line the bottom of a stewpan with slices of bacon. Place celery above it with a bunch of sweet herbs, 2 onions, pepper and salt, and barely cover with stock. Simmer till celery is just tender. Place celery on toast squares. Thicken the strained stock with browned flour; pour over the celery and serve.

SPINACH.

Wash well, sprinkle with salt, and boil without any additional water or with very little added. There is so much water in spinach that it hardly needs any added to cook in. Push the spinach well down in the pot, as it reduces very much in the cooking. Drain, chop it finely, add butter and pepper. Re-heat and serve hot. It is often served with poached eggs.

VEGETABLE MARROW.

Peel off the thick skin and cut into square pieces. The seeds should be removed. Place in boiling water. Add salt. Boil 10 minutes or longer till tender. Drain and serve with white sauce or melted butter.

Or, it may be pulped through a colander and mixed with butter and seasoning.

It is also good parboiled and then fried in egg and breadcrumbs or flour.

It may be cut up small, placed in a pot, with a good piece of butter and about 2 tablespoons of water, salt and pepper. Cover down close and either bake or stew. This way of cooking prevents the watery taste which many object to in plainly-boiled marrow.

VEGETABLE MARROW STUFFED.

Take a medium-sized vegetable marrow. Skin it. Cut a piece out of the side of it and take out the seeds with a spoon. Stuff it with a good forcemeat, and either stew it in a rich sauce or bake it in the oven from 1 to 1½ hours. Serve with white sauce flavoured with lemon. If baked, it should be sprinkled with crumbs after being egged over.

BROAD BEANS.

May be boiled plainly and served with boiled bacon, butter and parsley being served separately in a tureen. Remove the skins before cooking if at all old. They are also very tasty if served in white sauce flavoured with bacon or bacon rinds.

BROAD BEANS à la POULETTE.

4 cups of shelled Beans.
1 cup of Stock.
Herbs.

1 Egg Yolk.
2 or 3 tablespoons Cream.
Pepper and Salt.

Boil the beans till nearly tender. Drain and put with the stock and herbs and a little sugar. Stew till tender. Beat up the yolk of an egg with the cream and add it to the beans and stock. Let it all come nearly to boiling point and then serve.

HARICOT BEANS.

Soak beans overnight. Simmer for 2 hours. Drain and serve with melted butter and parsley. Serve hot with roasts instead of (or with) potatoes.

MUSHROOMS STEWED.

Wash the mushrooms in two or three waters. Cut off part of the stalk and peel the tops. Stew them gently in some brown stock or gravy and season with nutmeg, cayenne and salt. Let them cook from 20 to 30 minutes. They are also good stewed in butter and the juice of half a lemon. After the mushrooms are cooked, the butter is thickened with flour and milk, or cream is added to make a nice sauce. Season with nutmeg, pepper and salt. Also good stewed with eggs broken over them, keeping yolks whole, and baked in a pie-dish in the oven.

BAKED MUSHROOMS.

Place a piece of butter on each and set in a tin baking-dish. Sprinkle with pepper and bake about 20 minutes. Serve with a rich gravy poured round.

BAKED TOMATOES.

Slice the tomatoes into a baking-dish. Sprinkle with pepper and salt. Cover with breadcrumbs and bits of butter and bake from 20 to 30 minutes. Serve with roast meat. The tomatoes may be baked whole, but will take longer to cook.

STEWED TOMATOES (1).

Stew the tomatoes in some good gravy or stock for about 20 minutes. Thicken the gravy with butter and flour, adding seasoning to taste.

STEWED TOMATOES (2).

Sllice the tomatoes into an enamelled pan. Season and add some bits of butter. Cover and stew gently for 20 or 30 minutes. Add a tablespoon or two of vinegar and *serve with roast meat*.

STUFFED TOMATOES au GRATIN.

7 or 8 Tomatoes.
A few Mushrooms.
 $\frac{1}{2}$ Onion.
1 cup Breadcrumbs.

Seasoning.
2 tablespoons minced Ham.
2 tablespoons Butter.
1 dessertspoon chopped Parsley.

Melt the butter, add all the other ingredients and stir over the fire for 7 or 8 minutes. Cut a small piece out of the smooth end of each tomato. Scoop out the centre with a teaspoon. Add some of this part to the mixture in the pan. Then fill the tomatoes with the foremeat. Place them in a pie-dish and strew them with brown breadcrumbs and a little grated cheese. Bake them from 20 to 30 minutes.

BEETROOT.

Wash but take care not to break them or they bleed. Boil till tender in boiling salted water. If served hot rub skins off quickly and serve hot. The skins slip off easily if the beet is thrown into cold water for a few minutes. Boil together 3 tablespoons vinegar, 6 tablespoons water, $1\frac{1}{2}$ oz. butter, 1 tablespoon sugar, about a teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper. Pour hot over the beets. This dressing is enough for 1 quart of beets. May also be eaten cold as a pickle.

Beetroot may also be baked, or stewed with button onions; or boiled and served with roasted onions.

VEGETABLE SALAD.

Any cold vegetables (mixed) may be served as a salad with hard-boiled eggs cut in slices and a good salad dressing.

Vegetarian Cookery.

That the popularity of vegetarian cookery is on the increase is evidenced by the fact that in large cities special vegetarian restaurants are being opened to meet the demand. A variety of vegetables, fruit, nuts, etc., with the addition of cereals (and milk, cream, eggs and cheese where the diet is not required to be too strictly exclusive of animal products), supplies all the necessary food constituents, and has the additional advantage of being more economical than a meat diet. A great many of the recipes already given in this book might be placed under the head of Vegetarian Cookery, and for convenience will be tabulated, and may be turned up from the index. Others will be added to an already good list.

SOUPS.

Asparagus Soup.
Mushroom Soup.

Gipsy Soup.
Julienne Soup.

SAUCES.

Melted Butter.
Maitre d'Hôtel Butter.
Parsley Sauce.
Onion Sauce.
Bread Sauce.

Celery Sauce.
Egg Sauce.
Apple Sauce.
Salad Dressings.

EGG DISHES AND SAVOURIES (if Eggs and Cheese are taken).

Eggs (in various forms).
Eggs and Asparagus.
Poached Eggs and Mushroom
Sauce.
Eggs and Green Peas.
Eggs baked in Tomatoes.

Macaroni Cheese.
Cheese Custard.
Cheese Fritters.
Cheese Straws.
Cheese Fondue.
Welsh Rarebit.

etc.

VEGETABLES, PUDDINGS, PASTRY, SHAPES, CAKES, Etc.

All under these headings may be included.

SUNDRIES.

Quaker Oats with Egg and Milk.	Tomato Salad.
Egg Cream.	Cheese Sandwiches.
Peach Foam.	Asparagus Sandwiches.
Fruit Salad.	Porridge.
Cucumber and Fruit Salad.	Mock Cream.

SOUPS.**VEGETABLE STOCK, FOR SOUPS, SAUCES, etc.**

To every quart of water add $1\frac{1}{2}$ oz. haricot beans, $1\frac{1}{2}$ oz. split peas, 1 stick celery, 1 small earrot, 1 small onion, 1 blade mace, 2 or 3 cloves, a sprig of parsley, a few herbs, seasoning of peppercorns and salt. Any other vegetables at hand may be added if liked, increasing the liquid according to the quantity of vegetable added. Boil for 3 or 4 hours. Skim and strain. Use as a foundation for soups, sauces, etc.

VEGETABLE SOUP.

Add to the vegetable stock above, a small onion sliced and fried in oil or butter and browned, 1 piece of toast, a little celery seed and other vegetables in season cut up. Boil 3 or 4 hours. Mash the vegetables through the colander and return to the pot. Boil up till of the right consistency. Serve with sippets of dry toast.

POTATO SOUP.

2 lbs. Potatoes.	1 Leek (white part only).
1 stick Celery.	$2\frac{1}{2}$ oz. Butter.
1 stick Seakale.	$1\frac{1}{2}$ oz. Sago.
1 teacup Cream.	1 quart Water or Vegetable
2 cups Milk.	Stock.
Seasoning.	

Cut up vegetables and fry without colouring in oil or butter for about 10 minutes. Add milk and water, and boil from $\frac{3}{4}$ hour to 1 hour. Sieve, sprinkle in the sago when it boils again, and simmer until it is cooked. Then add cream and serve.

CREAM OF ONION SOUP.

4 large Spanish Onions.	1 pint Water.
2 tablespoons Butter.	1 cup Milk.
1 tablespoon Flour.	2 Egg Yolks.
1 cup Cream.	

Slice onions and fry without colouring in 1 tablespoon of butter for 10 minutes. Add the water boiling and simmer for nearly an hour till the onions are soft. Sieve them and add milk, then flour and butter mixed to a paste and well stirred in. Add seasoning. Just before serving beat the yolks with the cream and stir it in quickly as the pot is taken from the fire, taking care not to have it too near the boil lest the eggs curdle.

VEGETABLE MARROW SOUP.

1 small Marrow.	4 oz. Rice.
3 or 4 Tomatoes.	2 oz. Butter.
1 Onion.	1 quart Water.
$\frac{1}{2}$ pint Milk.	Seasoning.

Cut the onion and fry it slightly in the butter. Add water, milk and rice well washed, soaked and drained. Boil fast for 10 minutes. Then add the cut-up vegetables and cook slowly till all is tender. Sieve, re-heat and serve.

SAVOURY VEGETABLE DISHES.

CURRIED BEANS (or other Vegetables).

1 $\frac{1}{2}$ cups Beans.	1 Apple.
1 small Carrot.	1 tablespoon Oil or Butter.
1 Onion.	1 $\frac{1}{2}$ teaspoons Flour.
$\frac{1}{2}$ cup Water or Stock.	$\frac{1}{2}$ teaspoon Curry Powder.
Boiled Rice.	

Cook the beans slowly till tender. Fry the cut-up vegetables in the butter for 5 minutes, add the flour and curry (mixed) very gradually; and then the water or some of the liquor in which the beans were

boiled. Boil up. Thicken and add the beans. Serve with a border of rice round. If haricot beans are used, soak overnight. Any root vegetables may be served similarly as a curry, being, of course, cooked first in the ordinary way. Vegetable marrow, butter beans, cucumber, etc., may be mixed and used as a curry.

ITALIAN MACARONI AND TOMATOES.

6 oz. Macaroni.

Grated Cheese.

1 teacup of Tomato Pulp.

Boil the macaroni till tender. Drain it and put it in the stewpan with butter, salt and pepper. Add tomato pulp and simmer for 15 minutes. Sprinkle with cheese and serve hot.

Or, the tomato and macaroni may be placed in layers in a dish with breadcrumbs, cheese and seasoning between, a layer of breadcrumbs on top with bits of butter sprinkled over. *Bake* in a moderate oven.

CELERY SOUFFLÉ.

1 lb. White Celery.

4 Eggs.

Milk.

1½ oz. grated Cheese.

2 oz. Butter.

Celery Salt.

Cook the celery, cut small, in as little milk as possible till tender. Sieve and cool. Beat the butter to a cream and add beaten yolks of eggs. Mix in the celery and cheese and season with celery salt. Stir in the beaten whites and fill small cases with the mixture till three-quarters full (or one large dish if small cases are not available). Sprinkle some of the cheese over the top. *Bake* in a hot oven for 7 minutes. Serve at once. A good entremet.

LEFT-OVER POTATOES AND CABBAGE.

Pound up fine, add a teacup of cream (or milk and butter). Salt and pepper to taste. Stir all together till hot. Pile up pyramid-fashion on a hot dish and

garnish with fingers of fried bread or toast. Or, it may be baked in a pie-dish in a hot oven for about 20 minutes.

PARSNIP CAKES.

Mash cold boiled parsnips, season, pour into small cakes, dip into beaten egg and breadcrumbs, and fry. Serve hot with fried parsley. Carrots, turnips and potatoes may be used in a similar way, breadcrumbs being added if liked.

VEGETABLE PATTIES.

Mix any left-over vegetables with a thick cream or white sauce, highly seasoned. Cut rounds of bread, about 1 inch thick, make a hole in the centre, butter well and place in the baking-dish in which they are to be served. Fill the holes with the mixture and bake until brown. Serve with a tomato sauce. Nice for luncheon or supper.

SALTED PEANUTS.

Have unroasted peanuts. Remove skins after soaking for a minute or two in boiling water. Dry them in a cool oven. Allow $\frac{1}{2}$ cup of olive oil for 1 lb. of nuts. Make the oil very hot. Drop in a cupful of the nuts at a time and shake gently over a brisk fire till delicately browned ; lift on a skimmer or strainer, drain well and toss on a sheet of blotting-paper. Dust with fine salt. Do not salt nuts longer than 24 hours before eating them.

BANANAS AS A VEGETABLE.

When half-ripe they may be roasted like potatoes, or boiled in milk, seasoned with salt and pepper, and cooked slowly for 20 or 30 minutes ; then serve with the milk made into a white sauce with butter and flour. Or, they may be dipped in egg and breadcrumbs or batter and fried, and served with roast mutton.

SWEET DISHES.

Most of the puddings, pastry, etc., given under the ordinary headings, except those in which suet is a necessary ingredient, will be found suitable for a vegetarian diet. Suet is often replaced in vegetarian cookery by a nut butter. The Italians use a flour made from dried chestnuts, which supplies a large nitrogenous element.

XMAS PLUM PUDDING.

1 lb. grated Breadcrumbs.	$\frac{1}{2}$ lb. Candied Peel.
1 lb. stoned Raisins.	$\frac{1}{2}$ lb. Pine Kernels.
1 lb. Currants.	$\frac{1}{2}$ lb. brown Sugar.
1 lb. Sultanas.	$\frac{1}{4}$ lb. Butter.
$\frac{1}{2}$ lb. Sweet Almonds.	$\frac{1}{4}$ lb. shelled Brazil Nuts.
3 Lemons (grated rind).	6 Eggs.

Grind the nuts up very small, chop the pine kernels, rub the butter into the breadcrumbs, add all the other ingredients and mix well with the beaten eggs. Boil in the usual way for 6 hours.

CHESTNUT PUDDING.

2 lb. Chestnuts.	12 crystallised Cherries.
1 lb. Sugar.	$\frac{1}{2}$ oz. blanched Almonds.
1 pod Vanilla.	$\frac{1}{2}$ pint Water.
$\frac{1}{4}$ lb. Angelica.	

Place the chestnuts in a pan, cover with cold water, and boil for 1 hour. While still hot remove both outer and inner skin with a sharp knife. Rub the chestnuts through a sieve. Put the $\frac{1}{2}$ pint of water, sugar and vanilla pod into a saucepan and boil to a thick syrup without colouring. Keep back about $\frac{1}{2}$ teacup of syrup. With the rest mix the chestnut flour till it forms a thick paste. Place the paste in a glass dish. Shape it and smooth over with a knife. Cut the blanched almonds into strips, the angelica part in strips and part in rounds. Lay the rounds of angelica on top of the chestnuts, and place a cherry over each. Place alternate strips of angelica and almond all round the pudding. Re-heat the syrup

kept back, and pour it over the centre of the pudding to make it look glazed and shiny.

DAINTY DATES.

Take 2 lbs. of dates. Cover with boiling water and let stand for 3 minutes. Then wash well in cold water. Remove the outer skin and stones. Fill the dates with desiccated cocoanut, and roll each in the cocoanut and pile them on a glass dish.

ORANGE AND WALNUT SALAD.

Peel 2 large seedless oranges and cut into slices. Have a cup of shelled walnuts, break them into small pieces over the oranges, and turn the mixture on to some crisp, shredded lettuce. Cover with brown breadcrumbs and a thick cream dressing. Serve immediately.

Nut and apples or celery also make a good salad.

NUT SANDWICHES.

Have almonds, peanuts, walnuts chopped fine and mixed with a cream or mayonnaise dressing and spread between slices of buttered brown or white bread.

DRIED-FRUIT SANDWICHES.

Prunes, figs, or stoned raisins mixed with powdered almonds, flavoured with a few drops of lemon juice, make tasty sandwiches.

Puddings.

GENERAL HINTS ON THE COOKING OF PUDDINGS.

Farinaceous Puddings.—The proportion of rice, tapioca, sago, cornflour, arrowroot, etc., to milk for a pudding of ordinary consisteney is 2 *tablespoons* or 2 oz. of rice, etc., to 2 *breakfastcups* or 1 pint of milk.

These puddings are best *cooked slowly* in order to let the grains swell properly. If eggs are added, cook the grains well before adding the eggs.

Custard Puddings.—If baked, custards must be cooked slowly to prevent the eggs curdling. (The pudding dish may be placed in the oven inside another dish containing water.)

If boiled or steamed, the water must not go above simmering point for a like reason.

Suet and other Fats for Puddings.—Beef suet is the best for *boiled puddings*. Veal suet or the outside fat of a loin or neck of mutton is sometimes used to make *common crusts*.

Clarified beef dripping and the fat skimmed from the water in which beef or mutton has been boiled (if without vegetables) may also be used.

Butter is often used for good puddings, but is too expensive for common use.

Suet is best fresh, must be freed from skin and very finely chopped with a little flour dredged over to prevent sticking. Suet requires longer boiling than either butter or dripping; not less than 2 hours for a small pudding containing suet.

The *proportion of fat* (suet, dripping or butter) to *flour* for both boiled puddings and common pastry is not less than $\frac{1}{2}$ lb. of fat to 1 lb. of flour (or of flour and crumbs mixed). If wanted richer, more fat is used.

If *dripping or butter* is used instead of suet in a boiled pudding, use less of either of these than of suet: say, 6 oz. butter or dripping as a substitute for 8 oz. suet.

Suet puddings should be served with sauce.

Pudding Cloths.—Pudding cloths should be kept for the one purpose. When washing, use no soap if possible, lest it should flavour the next pudding. Dry in an airy place and keep very clean.

To Mix Puddings.—Have everything ready. Prepare the mould or basin by greasing and ornamenting (if necessary) before starting to mix the ingredients. Have suet ready chopped. Mix all the dry ingredients thoroughly; then add the liquid ones, the eggs last.

Plum pudding, and indeed most puddings, are the better for having the chief ingredients mixed some time before cooking; but in this case always keep out the eggs, baking powder, soda and cream of tartar, adding these just before cooking.

To Steam Puddings.—Place the mixture in a well-greased basin or mould. Leave room for swelling. Place a buttered paper (cut larger than the top of the basin to allow for tucking in) over the top of the pudding. This prevents the steam which condenses on the lid from dropping into the pudding. Tie the basin in a pudding cloth and place in a steamer or in a pot with boiling water to reach halfway up the basin. The water must be boiling well before the pudding is put in. Fit on the lid and *do not remove it* unless necessary to refill with boiling water, as this constantly evaporates. *The water must be kept boiling* all the time.

To Boil Puddings.—If using a pudding cloth only, dip it in boiling water, dredge with flour and place quite wet round the pudding. Do not tie it too tight, as a little room should be left for swelling.

If *using a mould or basin*, grease it well and *fill* it quite full. If the mixture is not sufficient to do this, use crusts of bread to fill up and remove them before dishing. They absorb the water and prevent the pudding from being heavy. Dip a pudding cloth in boiling water, flour it and tie it over the top of the basin. Place the pudding in plenty of boiling water, so that it is well covered. Take care to keep the water boiling all the time. Keep the lid on the pot. If the water evaporates quickly, add more boiling water.

To prevent a pudding boiled in a cloth from sticking to a pot, put a saucer or plate underneath the pudding.

Allow the pudding to stand a minute before turning it out *to prevent cracking*. If boiled in a cloth, the pudding may be dipped in cold water for a second on taking it from the pot : *this prevents it from sticking*.

Have a hot plate ready ; place it on top of the basin or mould and invert.

PLAIN RICE PUDDING.

1 teacup Rice.
 $\frac{1}{2}$ oz. Butter or Suet.
 2 oz. Sugar.

1 quart skimmed milk.
 $\frac{1}{2}$ teaspoon Nutmeg or 1 of
 mixed Spice.

Wash rice (which should have been well soaked) and place in pie-dish with other ingredients. Put suet or butter on top and *bake* 2 hours or longer in a slow oven. Sultanas or raisins may be added. If wanted richer, add 1 or 2 eggs.

RICE SNOWBALLS.

$\frac{1}{4}$ lb. Rice.
 1 $\frac{1}{2}$ pints Milk.

2 oz. Sugar.
 2 oz. sweet Almonds.

Blanch and mince the almonds. Wash and well soak the rice. Rice is best soaked over-night. Put it in a pan with the milk and sugar. Boil slowly till tender and milk is almost absorbed. Fill cups dipped in cold water and drained. Turn out when set and serve with preserve, stewed fruit and cream.

JUNKET.

1 quart Milk.
 Sugar and Flavouring to taste.

1 dessertspoon Rennet.
 $\frac{1}{2}$ pint whipped Cream.

Warm the milk to blood heat. Stir in the rennet, sugar and flavouring. Place in a glass dish and let it stand 1 hour till firm.

Whip cream with sugar and place round the dish.

LEMON CORNFLOUR.

2½ oz. Cornflour.

¼ lb. Sugar.

2 Lemons.

3 Eggs.

1 pint Water.

Mix the cornflour gradually with the water. Add the grated rind of 1 lemon and the juice of two, the sugar and the beaten yolks. Stir all together in a pan till it boils and thickens. Pour into a *pie-dish* and *bake in the oven*. Whip the whites stiff with sugar and lemon flavouring, and place roughly on top. Put back in the oven to set the meringue. The pie-dish may be lined with pastry.

SAGO SHAPE.

1 cup Sago.

1 cup Currant Jelly.

1 cup Sugar.

4 cups Water.

Soak the sago over-night in 2 cups of water. Add the rest of the water and sugar and boil 15 minutes. Add the jelly. Pour into wetted moulds. When cold serve with whipped cream.

LEMON SAGO.

1 teacup Sago.

2 cups Lemon Syrup.

Make a syrup of lemon juice, sugar and water, flavoured with the yellow rind. If no lemons are available use Lemon Syrup (see "Beverages"). Bring the syrup to the boil and stir in the dry sago. Boil from 20 to 30 minutes until the sago looks clear. May be eaten hot, but is better put into a wetted shape and eaten cold with whipped cream or preserve.

The syrup in which *rhubarb* or *other fruit* is stewed answers as well as the lemon syrup, and makes variety. It must be well strained and sweetened to taste.

STRAWBERRY CORNFLOUR.

3½ oz. Cornflour.

2 oz. Sugar.

1 oz. Butter.

2 Eggs.

1½ pints Milk.

½ pint picked Strawberries.

Mix cornflour smooth with cold milk, and add to the boiling milk, stirring all the time. Add butter

and sugar. Boil 5 minutes. Cool, and beat in the yolks of eggs. *Butter a pie-dish* and put some of the mixture in it. Then put the fruit sprinkled with sugar next, and cover with the rest of the mixture. Whip the whites stiff with flavouring and sugar, and spread this over the top. *Brown in a gentle oven* for about 10 or 15 minutes.

TAPIOCA AND COCOANUT CUSTARD.

1½ tablespoons Tapioca.	1 pint Milk.
1½ tablespoons Desiccated Cocoanut.	2 Eggs. ½ cup Sugar.

Soak tapioca all night in 1 cup of water. Next day boil with milk till soft. Beat yolks and sugar and add to the tapioca when a little cooled. Add cocoanut and mix well. Cook a little longer and then turn into a pie-dish. Whip whites with sugar and flavouring till stiff. Pile it roughly on top, and sprinkle with cocoanut after the meringue is slightly browned in the oven.

APPLE AND RICE PUDDING.

1 teacup Rice.	2 Eggs.
1 tablespoon Sugar.	6 large Apples.
½ oz. Butter.	Lemon Flavouring.

Boil rice (*tapioca* does as well) in milk or water till tender. Stew the apples, pulp them, and mix them with the rice, or spread in alternate layers. Add yolks of eggs well beaten, sugar, butter and flavouring. *Bake in a pie-dish*. Whip the whites stiff with sugar and flavouring, spread on top, and return to the oven to set. Or the apples may be spread on top of the rice, the meringue above.

APPLE MERINGUE.

4 Apples.	2 Eggs.
1 tablespoon Cornflour.	1 cup Milk.
1 oz. Butter.	½ cup Sugar.
Lemon rind or Essence.	Pastry.

Stew the apples and the grated rind in a very little water with the sugar. Add the milk and then the cornflour mixed smooth in a little of the milk, the butter, and the beaten yolks. Stir over the fire for a few minutes. Line a pie-dish with pastry, pour in the mixture; *bake* for $\frac{3}{4}$ hour. Whip the whites of the eggs stiff, add 2 tablespoons of sugar and flavouring; pile this meringue on top of the pudding and return to the oven. *Bake* till the meringue is coloured a delicate brown.

BOILED APPLE PUDDING (1).

6 oz. Breadcrumbs.	6 oz. Apples.
4 oz. Sugar.	3 oz. Suet.
1 teaspoon Baking Powder.	1 oz. Peel.
$\frac{1}{2}$ Nutmeg, grated.	2 Eggs.

Cut up the apples, and chop the suet finely, and mix these with the sugar, nutmeg, breadcrumbs, and peel cut fine. Mix in the beaten eggs and baking powder. Place in a well-buttered basin, covered with buttered paper, and *steam for 2 hours*.

BOILED APPLE PUDDING (2).

2 oz. Suet.	2 oz. Currants.
2 Eggs.	2 oz. Sugar.
2 oz. Apples.	1 gill Milk (flavoured with
1 oz. Candied Peel.	Almond essence).
4 oz. Breadcrumbs.	

Prepare as in above recipe and steam for 2 hours.

BAKED APPLE PUDDING AND APPLE SAUCE.

$\frac{1}{2}$ lb. stale Crusts.	1 pint skimmed Milk.
$\frac{1}{2}$ lb. sliced Apples.	2 tablespoons minced Suet or
1 tablespoon Sugar.	Butter.
Lemon Flavouring.	1 Egg.

Soak crusts, broken small, in hot milk for about an hour. Beat them up and add other ingredients, the beaten egg last. Place mixture in a greased pie-dish in a moderate oven.

For sauce, put the apple peel and cores with one cup of water and 1 tablespoon sugar into a pan and boil from 10 to 15 minutes. Take off and strain. Put liquor back into the pan. Stir in a tablespoon of cornflour mixed smooth in a teacup of milk. Boil about 10 minutes.

APPLE CREAM.

1½ lb. Apples.	½ pint Cream (whipped).
1 Lemon (grated rind).	Chopped Almonds (or Nuts).

Stew the apples with about ½ teacup of hot water and 2 tablespoons of sugar and the grated rind of lemon. Put this through a sieve. Stir the pulp into the cream when cold. It may be coloured with cochineal if desired. Pile up in a glass dish. Sprinkle chopped almonds or other nuts over the top and garnish with a few heaps of apricot jam or red currant jelly.

BAKED APPLES.

Cut out core, fill cavity with butter, sugar, cinnamon, and a few currants. Put a little water in a shallow pan, place apples in with a small piece of butter on top of each for basting. Prick the apple skin with a skewer. Some prefer to fill the cavity with honey and a few cloves.

ROYAL APPLE TART.

Puff Paste.	Red Currant Jelly.
3 Eggs (yolks only).	Apple Sauce (see under
½ pt. Milk.	“Sauces”).

Line a pie-dish with puff paste and bake it a delicate brown. Make a boiled custard of 3 egg yolks and the milk, sweetening to taste; also make ½ pint of good thick apple sauce. Put a layer of apple sauce on to the pastry, then a layer of the jelly and then the cold custard. Place some straws of pastry (the length and width of the tart and already baked) on top of the custard lattice-fashion and set in the oven for 5 minutes.

APPLE SNOW.

2 lbs. sliced Apples.
4 Eggs.

3 oz. Sugar.
1 Lemon.

Stew apples and grated lemon rind till soft and rub through a sieve. Add lemon juice, and then mix in the whites of eggs beaten to a stiff froth. Make a custard of the yolks and serve with the apples.

Or use 2 eggs and $\frac{1}{2}$ pint of whipped cream to mix. Serve with another $\frac{1}{2}$ pint of whipped cream on top and garnish with coloured jelly.

AMBER PUDDING.

6 Apples.
3 Eggs.
1 tablespoon Butter.
Sugar to taste.

Pastry.
Essence of Lemon or Lemon
Juice.

Peel and core apples and stew them with a little syrup made from the peels and cores. Pulp them and add butter and flavouring. The rind of a lemon might be boiled with the syrup to flavour it. Beat up the yolks and mix with the pulp, which place in a *pie-dish* edged with puff paste. Bake till the pastry is done. Whip the whites stiff with sugar and flavouring and pile on top. Place again in the oven to set.

BOILED OR BAKED APPLE DUMPLINGS.

Apples.
Currants.

Suet Crust.
Sugar, Spico, etc.

Pare and core apples. Stuff with sugar and spice and nutmeg, or sugar and cloves. Roll out suet crust $\frac{1}{2}$ inch thick. Wrap in it each apple separately. Pinch edges together. Drop the dumplings into boiling water, and let them *boil 1 hour or more*. Serve with melted butter, sugar and nutmeg, or whipped cream.

Or, brush the dumplings over with beaten egg and place in a greased baking pan and *bake* in the oven.

Peaches or any fruit not too juicy will serve for dumplings. When boiling dumplings do not cover the saucepan too tightly, and keep the water always boiling.

APPLE CHARLOTTE.

Trim the crust from a loaf and cut slices of bread and butter from the crumb. With these line a buttered pie-dish. On top lay some sliced apples with sugar, lemon-peel and cinnamon on top. Then a layer of the bread and so on till the dish is full. Squeeze over it some lemon juice (from 2 lemons) or add a little water and essence of lemon. Put the apple peel and some of the crust on top just to keep in the moisture and prevent it browning. *Bake* about 1 hour. Remove peel and crusts and turn on to a dish. Sprinkle with sugar and garnish to taste. Serve hot.

PINEAPPLE PUDDING (No 1).

1 small tinned Pine.	2 or 3 Eggs.
Thin slices of stale Bread.	$\frac{1}{2}$ pint Milk.
Sugar to taste.	Lemon Juice.

Slice the pineapple thinly, and lay in a pie-dish in alternate layers with the bread soaked in the syrup. Sprinkle sugar and lemon juice between the layers. Beat up eggs, and pour these mixed with the milk over the layers. *Bake* 1 hour in a moderate oven. Whip up whites stiffly with some sugar and place over the top. Set back in oven to brown slightly.

PINEAPPLE PUDDING (No 2).

$\frac{1}{2}$ lb. Pineapple.	2 tablespoons Sugar.
$\frac{1}{4}$ lb. Flour.	3 oz. Butter.
3 Eggs.	1 cup Milk.

Beat butter and milk, add sugar, and when nearly boiling add the flour mixed smooth with a little of the milk. Stir all the time and boil it up. Take it off the fire, add the pineapple cut small, then yolks, and then whites well beaten. Pour into a buttered

basin and *steam* for $1\frac{1}{2}$ hours. If a tinned pine is used, the syrup may be flavoured with lemon (some more sugar added) and served as a sauce.

VEGETABLE MARROW PUDDING.

1 small Marrow.	2 oz. Butter.
1 teacup Breadcrumbs.	3 Eggs.
2 tablespoons Flour.	2 oz. Sugar.
1 Lemon.	

Boil the marrow, peeled and cut in pieces, with a little salt. When tender drain and press through a sieve. Mix with flour and crumbs. Add the butter and sugar beaten to a cream, the grated rind and juice of a lemon (if a small one). Pour into a well-buttered mould, and *bake* (or it may be *steamed*) for $1\frac{1}{2}$ hours.

ORANGE FOOL.

3 or 4 Oranges.	Nutmeg and Cinnamon.
3 Eggs.	Sugar.
2 cups rich Milk.	

Stir over the fire the orange juice, beaten eggs, and other ingredients till they are as thick as thick cream. Pour into a glass dish, garnish with whipped cream or whipped whites of egg sweetened and flavoured.

Or, serve in custard glasses with a few shreds of orange rind on top.

ORANGE PUDDING (No. 1).

2 Oranges.	$\frac{1}{2}$ lb. stale Sponge or Madeira
1 Lemon.	Cake.
1 tablespoon Cornflour.	2 Eggs.
1 large cup Milk.	2 tablespoons Sugar.
1 tablespoon Butter.	

Soak cake crumbs in milk and mix smooth. Mix cornflour smooth with a little cold water and add. Warm the butter and cream it with the sugar; beat in the eggs, and add the grated rind and juice of the fruit. Mix well. Pour into a buttered mould, and quickly place in the pot. *Steam* or *boil* for $1\frac{1}{4}$ hours.

ORANGE PUDDING (No. 2).

2 Oranges.	$\frac{1}{2}$ lb. Treacle.
1 Lemon.	1 teaspoon Soda.
3 oz. Suet.	2 tablespoons Brown Sugar.
$\frac{1}{2}$ lb. Flour.	

Grate the rind of the oranges and lemon and mix this with sugar, suet, flour and soda. Heat the treacle, add the juice of the lemon and oranges. Mix well and *boil* for 3 hours in a well-buttered basin.

BAKED LEMON PUDDING.

6 oz. Breadcrumbs.	2 Lemons.
4 oz. Sugar.	3 Eggs.
4 oz. Butter.	Puff Paste.

Melt the butter and mix in the breadcrumbs, sugar, and 1 tablespoon or more of the grated lemon rind. Let this simmer for 7 or 8 minutes. Take it off the fire and stir in 2 tablespoons or more of lemon juice, and then the yolks well-beaten. Add the whipped whites last. Edge a pie-dish with puff paste and pour in the mixture. *Bake* $\frac{3}{4}$ hour. Sift sugar over and serve with cream.

LEMON CHEESE CAKE.

2 oz. Butter.	2 Eggs.
2 oz. Sugar.	1 dessertspoon Ground Rice.
2 Lemons.	Marmalade.
Puff Paste.	

Cream butter and sugar, beat in yolks, add ground rice mixed smooth with milk, then the juice and grated rind of the lemons. *Bake* in moderate oven $\frac{3}{4}$ to 1 hour, in a pie-dish edged with puff paste. Whip whites stiff with a little lemon juice and sugar, and heap on top. Put back into the oven till slightly browned. Eat cold.

RHUBARB PUDDING.

Stew rhubarb with flavouring of lemon peel and ginger. Sweeten to taste. Have some stale bread cut into fingers and line a glass dish with these. Pour

the rhubarb over these and over all a good boiled custard. Serve cold. Put some whipped cream if available, on top of the custard.

OXFORD DUMPLINGS.

2 oz. Breadcrumbs.	2 Eggs.
2 oz. Currants.	Grated Lemon Peel.
4 oz. Suet (chopped fine).	1 tablespoon Sugar.
2 tablespoons Flour.	A little Milk to mix.

Mix the dry ingredients; moisten with the beaten eggs and a little milk. Form into about 5 dumplings. *Fry* in boiling fat a golden brown and serve with a sweet sauce.

GIPSY PUDDING.

Take slices of stale sponge or other light cake. Spread them with currant jelly or preserves and put them together like sandwiches in a dish. Make a boiled custard and pour it hot over the cake and let it cool before serving.

FRUIT PUFFS.

1 cup Flour.	Any cooked or canned fruit,
1 teaspoon Baking Powder.	or Strawberries, etc., un-
A pinch Salt.	cooked.
Milk to mix.	

Mix dry ingredients (not the fruit) to a batter with the milk, having it rather thick. Put a tablespoonful of the batter into each of *small buttered teacups*, then some fruit as dry as possible, then another tablespoon of batter. *Steam 20 minutes*, covering the cups with buttered paper.

GOOSEBERRY PUDDING.

2 large cups Gooseberries.	2 tablespoons Sugar.
$\frac{1}{2}$ large cup Milk.	1 tablespoon Butter.
Slices of Toast.	

Stew gooseberries with sugar and a very little water for about 10 minutes. Dip each slice of hot toast into milk and spread with melted butter. Place in a

pie-dish a layer of toast and a layer of gooseberries alternately, ending with the toast. Cover the pie-dish and let it *steam in a moderate oven for 20 minutes*. Then remove the cover and let the pudding brown. Serve with custard sauce.

GOOSEBERRY FOOL.

Green Gooseberries.
Sugar.

Milk, Cream, or Custard.

Stew the gooseberries with a very little water and sugar to taste till quite soft. Rub through a sieve, and when cold add milk, whipped cream or boiled custard in measure equal to the gooseberries. Rhubarb may be treated in a similar manner.

GOOSEBERRY CHARLOTTE.

1 quart Gooseberries.
Sugar to taste.

1 cup whipped Cream.
 $\frac{1}{2}$ oz. Gelatine.

Oil a china mould. Prepare the gooseberries as for Gooseberry Fool. When cold stir in the cream and the gelatine dissolved in a little milk. Stir well till it begins to set, then pour into the mould. Use when quite set.

EGYPTIAN PEARS.

Peel 1 lb. of stewing pears and core them. Place dates well washed and prepared in the centre of each pear. Put the pears in a jar with a few extra dates. Pour about a wineglassful of flavoured syrup over them and stew in a very slow oven for a long time till they are cooked through. Serve with thick cream.

BANANA SALAD.

Peel, slice and dust with castor or icing sugar. Squeeze over the juice of a sweet orange, or a good syrup and sprinkle with freshly grated cocoanut. Serve with cream.

A good sauce for bananas is made by dissolving some red currant jelly in a little water over the fire; add

some orange juice and a little of the yellow rind cut into fine strips with some blanched and shred almonds, or desiccated cocoanut. Better to let the bananas stand for an hour or so before serving.

BANANA COMPÔTE.

Peel and halve the bananas lengthwise, put in a pan with just enough lemon-flavoured syrup to cover them. Just bring to the boil. Take out the fruit, and place it in a glass dish. Boil the syrup almost to the crack, flavouring it to taste; pour it over the fruit. Serve with plainly-boiled rice.

BANANA TRIFLE.

Peel and cut in two and halve. Spread with strawberry jam and press together sandwich-fashion. Place in a glass dish. Pour over them any good syrup, about a teacup to 6 bananas. Let them stand 1 hour. Then pour over about 1 pint of good custard, and when this is stiff place about it, in rocky mounds, some stiffly-whipped cream. Decorate with desiccated cocoanut and blanched and shred almonds. Serve cold.

BANANA TART.

8 Bananas (ripe).
1 Lemon.
1½ teacups Milk.
Sugar to taste.

Some Flavoured Syrup.
2 Eggs.
½ teacup Cream.
Puff Paste.

Rub the bananas through a sieve, mix with the grated rind and juice of a lemon and some flavoured sweet syrup. Beat 2 eggs, add milk and cream and stir in to the bananas. Line a dish with puff paste; pour in the mixture and *bake* in a moderate oven.

BANANA SANDWICH PUDDING.

A few slices of Bread & Butter.	1 cup Milk.
1 Egg.	Bananas.
Sugar.	

For a very large pudding use more milk and eggs. Slice the bananas and make sandwiches of them with

the bread and butter. Beat the egg with sugar to taste, add milk. Cut the sandwiches into small squares and place them in a buttered dish. Pour the custard over and *steam* or *bake* 1 hour.

Any other fruit or jam may be used as a filling for the sandwiches if bananas are not available.

BAKED BANANAS AND ORANGE DRESSING.

Bananas.	3 Oranges.
1 cup Sugar.	1 Lemon.
1 teaspoon Cornflour.	

Peel bananas carefully with the fingers so that they may not be discoloured. Dredge with flour and sugar and *bake in a moderate oven for $\frac{1}{2}$ hour.*

ORANGE DRESSING.—Heat juice of oranges and lemon, add sugar and the cornflour mixed smooth with a little cold water. Stir well, cook five minutes. Pour over bananas, set back in the oven for a few minutes, then serve hot.

BANANA CREAM PIE.

Pastry.	3 tablespoons Sugar.
Bananas.	2 or 3 Eggs.
Flavouring of Lemon or Orange.	1 cup Cream or Milk.

Line pie-dish with puff paste. Half bake this and then fill it with sliced bananas. Beat the yolks with the sugar, add cream, pour over the bananas and *bake $\frac{1}{2}$ hour.* Whip the whites stiff, sweeten and flavour and pile roughly on top. Put back in the oven to set the meringue.

BANANA SPONGE PUDDING.

1 cup Sugar.	1 cup Flour.
2 Eggs.	1 teaspoon Baking Powder.
Bananas.	1-3rd cup boiling Water.
Rich Custard.	

Make a sponge as follows: Whip sugar with eggs, mix in flour and baking powder gradually, then add

the boiling water, and bake the mixture at once in a flat tin dish well buttered. When cold, cut the sponge into shaped pieces, split and spread with the *bananas mashed and sweetened*. Place in a deep dish. Pour over all a rich custard and *bake half-an-hour*. Garnish with a meringue, and serve with whipped cream.

GREEN TOMATOES AND CREAM.

Cut tomatoes in halves. Put in a stewpan with $\frac{1}{2}$ lb. sugar and 1 teacup water to 1 lb. of fruit. Stew till soft. Turn into a glass dish. Serve cold with wheatmeal biscuits and whipped cream.

GENOA PIE.

Cut a slice from a sponge cake 1 inch thick and the size of a pudding plate. Make a meringue of whites of eggs (2 or 3) and sugar, beaten stiff. Place this in little heaps all round the edge of the sponge cake. *Bake* the cake till the meringue is crisp and a light-brown in colour. Take from the oven and pour a wine-glass of sherry or syrup flavoured to taste over the sponge cake, taking care not to touch the meringue. Have $\frac{1}{2}$ pint boiled custard, soak some ratafias in it, and pour all into the centre of the cake. Scatter chopped almonds and glacé cherries over the top. Serve cold.

STEWED PRUNES.

1 lb. Prunes.

1 Lemon.

3 tablespoons Sugar.

Wash prunes and soak for a long time (all night if possible) in enough water to cover them. Stew them gently in this water with sugar, a piece of lemon rind and the juice of the lemon added to taste. Cook till tender.

A pretty shape may be made by adding some gelatine (for proportions see "Jellies," etc.). Mould and turn

out when cold. Serve with whipped cream, some of it coloured pink. Stick blanched almonds over the shape.

STEWED FIGS.

- | | |
|----------------------|-------------------------|
| 1 lb. Figs (dried). | 1 cup Sugar. |
| 1 pint cold Water. | 1 or 2 Lemons to taste. |
| 1 tablespoon Brandy. | |

Put figs in cold water and stew gently till tender. Take out figs, add sugar and rind of 1 lemon. Boil the syrup to suitable thickness, then add to it the juice of the lemon or lemons and the brandy. Put figs in again for 10 or 15 minutes.

FIG PUDDING (No. 1).

- | | |
|------------------------------------|----------------------------|
| 2 cups Breadcrumbs. | 2 oz. Lemon Peel. |
| 1 cup boiling Milk. | 12 Figs. |
| 3 oz. Beef Suet (or 2 oz. Butter). | 2 Eggs. |
| | Nutmeg and Spice to taste. |
| 2 tablespoons Brown Sugar. | |

Pour boiling milk on breadcrumbs. Cut up figs and peel; mix together all the ingredients, except the eggs. Let the mixture cool and add eggs well whisked. Place in well-buttered mould, and *boil for 2 hours.*

FIG PUDDING (No. 2).

- | | |
|--------------------------------|-----------------------------------|
| $\frac{1}{4}$ lb. Suet. | $\frac{1}{4}$ lb. chopped Apples. |
| $\frac{1}{4}$ lb. Breadcrumbs. | $\frac{1}{4}$ lb. chopped Figs. |
| $\frac{1}{4}$ lb. Flour. | 2 oz. Sugar. |
| 3 Eggs. | 2 oz. Lemon Peel. |
| 1 tablespoon Treacle. | |

Mix dry ingredients, add treacle warmed, then eggs well beaten. *Boil* in buttered basin for 2 hours.

PRESERVED GINGER PUDDING (without eggs).

- | | |
|--------------------------------|--|
| 2 oz. Preserved Ginger. | $\frac{1}{4}$ lb. Suet. |
| $\frac{1}{4}$ lb. Breadcrumbs. | 3 tablespoons Golden Syrup. |
| $\frac{1}{4}$ lb. Flour. | $1\frac{1}{2}$ teaspoons ground Cinna- |
| 1 teaspoon Soda. | mon. |
| 2 teaspoons ground Ginger. | |

Mix dry ingredients, cutting up ginger and mincing the suet. Warm the golden syrup and mix thoroughly. *Steam 2 hours* in a well-buttered basin.

DATE PUDDING.

$\frac{1}{2}$ lb. Dates.	2 Eggs.
$\frac{3}{4}$ oz. Flour.	$\frac{1}{4}$ lb. Suet.
2 oz. Breadcrumbs.	2 oz. Sugar.
2 tablespoons Milk.	A pinch of Salt.

Stone and cut up dates. Chop suet fine. Mix dry ingredients. Beat eggs, add milk and mix all together. Turn into a buttered basin, and *boil for 2 hours*.

BREAD PUDDING.

6 oz. Breadcrumbs.	2 Eggs.
2 small breakfastcups Milk.	Sugar and Flavouring to
Preserves or Fruit.	taste.

Boil the milk and pour over breadcrumbs and sugar. Add beaten yolks when mixture cools, also flavouring. Put layer of preserve or any fruit such as *raspberries*, the pulp of *ripe gooseberries*, *passion fruit*, etc., on bottom of pie-dish. Pour on mixture, and bake $\frac{1}{2}$ to $\frac{3}{4}$ hour. Take from oven, put on another layer of fruit or preserve and then the whites whipped stiff with sugar and flavouring. Place back in the oven to colour slightly.

LEMON PEEL PUDDING.

$1\frac{1}{4}$ cups Breadcrumbs.	1 tablespoon Butter.
2 tablespoons Sugar.	2 pieces Lemon Peel.
2 Eggs.	$\frac{3}{4}$ cup boiling Milk.

Cut peel fine, mix dry ingredients, pour boiling milk over them. Let mixture cool, then add beaten eggs and flavouring. Line a buttered basin with stoned raisins in threes to imitate a shamrock. Pour mixture in. Cover with buttered paper and *steam 2 hours*.

Figs or any other dried preserve may be used instead of the lemon peel.

SULTANA PUDDING.

$\frac{1}{2}$ lb. Breadcrumbs.	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Flour.	$\frac{1}{4}$ lb. Dripping.
$\frac{1}{2}$ lb. Sultanas.	1 Egg.
$\frac{1}{2}$ teacup Milk.	1 teaspoon Soda.

Rub dripping well into flour and crumbs. Mix soda with milk (heated slightly) and add to dry ingredients. Add beaten egg. Tie in a pudding-cloth and *boil 2 hours*.

ROLY-POLY.

$\frac{1}{4}$ lb. Suet.	1 teaspoon Baking Powder.
$\frac{3}{4}$ lb. Flour.	A pinch of Salt.
Any Preserve.	

Chop suet finely and mix with flour and baking powder. Add water and make into a moderately stiff paste. Roll out to about one-third inch thick. Spread jam or breadcrumbs and treacle to within 1 inch of the edge. Roll up and press edges together. Place, not too tightly, in a cloth dipped in boiling water and floured. Tie both ends, and put a few big stitches in the middle. *Boil 2 hours*.

SWEET DUMPLINGS.

6 oz. Flour.	1 saltspoon ground Cinnamon.
2 oz. Sugar.	1 saltspoon ground Cloves.
1 teaspoon grated Orange rind.	1 tablespoon Butter.
1 teaspoon grated Lemon rind.	Milk or Cream to mix.
$\frac{1}{2}$ teaspoon Baking Powder.	

Make a dough, working in the dry ingredients. The syrup of any preserved fruit could be used to mix instead of the milk. Make into small balls and drop into boiling milk and water or boiling water only. Cook $\frac{3}{4}$ hour, keeping the water boiling all the time. Serve with a custard sauce. A few currants or sultanas may be added if preferred.

CHRISTMAS PLUM PUDDINGS (No. 1).

2 lbs. Suet.	2 lbs. brown Sugar.
2 lbs. Raisins.	1 lb. Breadcrumbs.
1 lb. Currants.	2 lbs. Flour.
1 lb. Sultanas.	1 pint Ale.
$\frac{1}{2}$ lb. Almonds.	1 lb. mixed Peel.
12 Eggs.	3 Oranges.
$\frac{1}{2}$ pint Milk.	2 Lemons.

Mix flour, breadcrumbs, sugar; add raisins stoned, currants, sultanas, peel cut fine, and chopped almonds. Add grated rind of oranges and lemon. Mix in gradually the juice of oranges and lemons, ale and milk. Let it stand some hours. Then mix in the eggs well beaten. Mix thoroughly and press into buttered basins, filling each full. Seald pudding-cloths, dredge them over with flour and spread over the top of each basin; leave a little room for swelling, and tie with string round the rim of the basins. Plunge into fast-boiling water, and *boil* for 7 or 8 hours according to size. On the day they are to be used, *boil* again for 2 hours.

PLUM PUDDING (No. 2).

1 lb. Breadcrumbs.	1 lb. Raisins.
2 tablespoons Flour.	1 lb. Currants.
$\frac{3}{4}$ lb. Suet.	$\frac{1}{4}$ lb. Citrons and Lemon Peel.
$\frac{1}{2}$ lb. Sugar.	2 teaspoons Mixed Spice.
3 Tablespoons Treacle.	$\frac{1}{2}$ Nutmeg, grated.
8 Eggs.	

Mix dry ingredients well, warm treacle and mix in. Let it stand in a warm place for a few hours. Beat yolks and mix them in next, then lastly the whites whipped stiff. *Boil* 8 hours.

SMALL PLUM PUDDING.

1 teacup Raisins.	1 teacup Sugar.
1 teacup Currants.	1 teacup Suet.
1 teacup Flour.	2 Eggs.
1 teacup Breadcrumbs.	A pinch of Salt.
1 teaspoon Mixed Spice.	Milk to mix stiff.

Mix dry ingredients and let stand for a little. Add milk and eggs last. *Boil* in a buttered basin for 3 hours.

PLUM PUDDING (without eggs).

1 cup Suet.	1 cup Raisins.
1 cup self-raising Flour.	1 cup Currants.
1 cup Breadcrumbs.	3 tablespoons Sugar.
2 tablespoons Treacle.	1 tablespoon Vinegar.
1 teaspoon ground Ginger.	$\frac{1}{2}$ Nutmeg, grated.
Milk to mix stiff.	

Mix dry ingredients. Heat the treacle, add vinegar and mix in thoroughly. Lastly mix with a little milk, and place at once in a buttered basin and *boil* or *steam* for 4 or 5 hours. Enough to make 2 small puddings if preferred.

BAKED PLUM PUDDING.

$\frac{1}{4}$ lb. Suet.	2 oz. Sugar.
$\frac{3}{4}$ lb. Flour.	1 teaspoon Baking Powder.
$\frac{1}{4}$ lb. Sultanas.	1 Egg.
2 oz. Candied Peel.	1 cup Milk.

Sift the flour into a basin. Chop the suet finely, and mix in with sugar, powder, peel and sultanas. Beat up egg, add milk and mix well with other ingredients. Turn into a well-buttered Yorkshire pudding tin. *Bake* in a moderate oven for about $\frac{3}{4}$ hour till firm and a good colour. Cut into small squares, pile on a dish and serve with sugar sprinkled over.

SIMPLE CUP PUDDING.

1 cup Treacle.	1 cup Milk.
1 cup Raisins.	$\frac{1}{2}$ cup Butter.
2 cups Flour.	1 teaspoon Baking Powder.

Warm the milk, dissolving the butter in it; stone the raisins and cut them in halves; mix the baking-powder with the flour. Boil the treacle and skim it, and stir it warm into the flour. Add rest of ingredients, mix well and turn into a buttered mould (or cups). *Steam* 2 hours if all in one mould; 1 hour if in cups.

CHESTER PUDDING.

2 oz. Butter.	1 Egg.
2 tablespoons Brown Sugar.	1 teacup Milk.
2 tablespoons Treacle.	1 teaspoon Baking Powder.
$\frac{1}{2}$ lb. Flour.	

Cream butter and sugar; add treacle and milk, beaten egg, etc. Place in a greased mould and *boil* 2 hours. Serve with a sweet sauce.

MORRIS PUDDING.

10 penny Sponge Cakes.	3 oz. Currants.
3 oz. sweet Almonds.	3 oz. Muscatel Raisins.
1 oz. bitter Almonds.	1 pint Milk.
3 oz. Citron and Lemon Peel (cut fine).	1 pot Red Currant Jelly.
5 Eggs.	6 oz. Sugar.

Beat eggs and mix in milk and sugar; add other ingredients and fill into a pudding mould well-buttered and lined with currants. Put a buttered paper over the top and *steam* for 1 hour. Melt the jelly and mask the pudding with it. Serve hot.

GOOD TREACLE PUDDING (without eggs), No. 1.

1 cup Treacle.	$2\frac{1}{2}$ cups Flour.
1 cup Raisins.	$1\frac{1}{2}$ cups Milk.
1 cup Suet.	1 teaspoon Salt.
$\frac{1}{2}$ teaspoon Cinnamon.	1 teaspoon Soda.
$\frac{1}{2}$ teaspoon ground Ginger.	2 teaspoons Cream of Tartar.

Mix all dry ingredients, except soda, which dissolve in the milk. Warm the treacle and stir it gradually with the dry ingredients. Then add the milk and soda. Mix well and *boil* in a cloth (dipped in boiling water and floured) *from* $2\frac{1}{2}$ to 3 hours.

TREACLE PUDDING (without eggs), No. 2.

$\frac{1}{2}$ cup Treacle.	$\frac{1}{2}$ cup Milk.
$\frac{1}{2}$ cup Suet.	1 cup Flour.
$\frac{1}{2}$ teaspoon Soda.	$\frac{1}{2}$ cup Sultanas.
$\frac{3}{4}$ oz. ground Ginger.	

Mix flour and suet chopped fine, add sultanas, then the treacle warmed. Dissolve the soda in the milk and add. Put in buttered basin and *steam* 2 hours.

TREACLE SPONGE PUDDING.

6 oz. Flour.	1 heaped teaspoon Baking
3 oz. Suet.	Powder.
1 Egg.	2 tablespoons Milk.
6 oz. Golden Syrup.	

Mix flour and suet. Heat the golden syrup and mix in gradually ; then the milk, beaten egg and baking powder. Put in buttered basin and *boil 2 hours*.

MOTHER'S PUDDING (without eggs).

4 tablespoons Currants and	2 tablespoons Flour.
Sultanas.	1 teaspoon mixed Spice.
2 tablespoons brown Sugar.	$\frac{1}{2}$ teaspoon Soda.
3 tablespoons chopped Suet.	2 pieces of Candied Peel.
2 tablespoons Breadcrumbs.	$\frac{1}{2}$ Nutmeg, grated.
2 tablespoons Ground Rice.	

Add a pinch of salt. Mix as usual and *boil* for 2 hours.

NORA'S TREACLE SPONGE (no eggs).

1 cup Suet.	1 cup Treacle.
2 cups Flour.	$\frac{1}{2}$ cup Milk.
1 teaspoon Soda.	

Mix as usual and *boil* from $1\frac{1}{2}$ to 2 hours.

GOLDEN PUDDING.

4 oz. Flour.	2 Eggs.
2 oz. Breadcrumbs.	$\frac{1}{2}$ Lemon (grated rind and
2 oz. Sugar.	juice).
4 oz. Suet.	2 tablespoons Golden Syrup.

Steam $2\frac{1}{2}$ hours after mixing. Serve with hot golden syrup poured round.

KENILWORTH PUDDING.

1 Egg.	1 cup sweet Milk.
2 cups Breadcrumbs.	$\frac{1}{2}$ teaspoon Soda.
$\frac{1}{2}$ cup Suet.	$\frac{1}{2}$ teaspoon ground Cloves.
$\frac{1}{2}$ cup Treacle.	1 toaspoon Cinnamon.
1 cup Raisins.	A pinch of Mace and Salt.

Mix as usual ; *boil* 2 hours, and serve with a sweet sauce.

ALMOND PUDDING.

$\frac{1}{4}$ lb. Breadcrumbs.	3 tablespoons Sugar.
$\frac{1}{4}$ lb. Suet.	2 pieces Candied Peel.
2 tablespoons ground Rice.	2 Eggs.
2 oz. Almonds.	Milk to mix.
Almond Essence.	

Butter a basin and decorate it with alternate rows of raisins and blanched halved almonds. Blanch and chop other almonds. Mix dry ingredients, add beaten eggs, milk and flavouring, and *boil* for 2 or 3 hours.

RUSSELL PUDDING.

$\frac{1}{4}$ lb. Butter.	1 teaspoon Baking Powder.
$\frac{1}{4}$ cup Sugar.	2 tablespoons Raspberry Jam
1 cup Flour.	or Treacle.
2 Eggs.	

Cream butter and sugar, add preserve, then eggs well beaten. Stir in flour and baking powder. *Steam* 2 hours in a buttered mould.

FLO'S PUDDING.

3 Eggs.	3 teaspoons Sugar.
Weight of 3 eggs in Flour.	$\frac{1}{2}$ teaspoon Soda.
Weight of 3 eggs in Butter.	$\frac{1}{4}$ cup Milk.
3 tablespoons Jam.	

Cream butter and sugar ; add jam, beaten eggs, and milk with soda dissolved in it. Lastly stir in flour. *Steam* in buttered basin 2 hours.

QUICK SPONGE PUDDING.

$\frac{1}{4}$ lb. Sugar.	2 Eggs.
$\frac{1}{4}$ lb. Flour.	Essenco of Lemon.
$\frac{1}{4}$ lb. Butter.	

Beat butter and sugar to a cream, add yolks well beaten. Stir in flour and then add the whites whipped stiff. Half-fill small buttered cups and *bake* 20 minutes. Serve with wine sauce.

CUP PUDDINGS.

$\frac{1}{2}$ pint Milk.	4 oz. Breadcrumbs.
1 oz. Butter.	2 Eggs.
1 tablespoon Sugar.	1 oz. Candied Peel.
Flavouring Essence.	

Pour the milk boiling over the breadcrumbs. Let it cool, add sugar and butter creamed. Let it stand half-an-hour. Then add the peel cut fine, and flavour with essence of lemon. Beat the eggs and add. Fill *small buttered cups* three parts full with the mixture. *Bake 30 minutes* in a moderate oven.

CREAM CUP PUDDINGS.

$\frac{1}{2}$ pint Cream.	2 tablespoons Sugar.
4 tablespoons Flour.	2 oz. Butter.
2 Eggs.	Vanilla Flavouring.

Cream butter and sugar, add yolks of eggs beaten well. Stir in the cream, then the flour, flavouring, and lastly the whites beaten stiff. Half-fill buttered cups and *bake* in a quick oven about *20 minutes*.

CREAM PUDDING.

$\frac{1}{2}$ pint Cream.	2 tablespoons Sugar.
3 tablespoons Flour.	Rind of 1 Lemon.
5 Eggs.	Preserve.

Beat yolks; add flour, sugar, and grated rind of lemon. Next add the cream, well whipped and drained on a sieve. Then add the whites of eggs whipped stiff. Pour the mixture into small deep saucers. Put into a moderate oven at once and *bake* $\frac{1}{2}$ hour. Take out, put layer of preserve on each, and serve piled up one on top of another. Sprinkle sugar over and garnish with more whipped cream or a meringue.

BAKED CHOCOLATE PUDDING.

$\frac{1}{4}$ lb. Butter.	1 saltspoon Baking Powder.
2 oz. Sugar.	3 oz. Flour.
2 oz. Chocolate (unsweetened).	2 Eggs.
Vanilla Flavouring.	

Beat butter and sugar to a cream ; add grated chocolate (melted in a little milk), vanilla and beaten yolks. Stir in flour gradually. *Bake in pie-dish.* When ready spread whites (beaten stiff with sugar and flavouring) on top ; and, after hardening in the oven, sprinkle with grated chocolate and serve.

Cocoa may be used instead of chocolate.

STEAMED CHOCOLATE PUDDING.

1 pint Milk.	3 oz. Chocolate (unsweetened).
3 stale Sponge Cakes.	3 Eggs.
2 tablespoons Sugar.	Vanilla Flavouring.

Grate the chocolate and stir it with sugar into the boiling milk until dissolved. Cool a little and add beaten yolks, cakes crumbled, and lastly whites, beaten stiff. Pour into buttered mould, and *steam* $1\frac{1}{4}$ hours.

This pudding *may also be baked.*

TWENTY MINUTES PUDDING.

1 Egg.	1 cup Sugar.
1 oz. Butter.	1 teaspoon Baking Powder.
1 cup Flour.	Flavouring to taste.

Cream butter and sugar, add beaten egg, flour, powder, and enough *milk* to moisten the whole. Fill 4 buttered cups $\frac{3}{4}$ full. *Bake 20 minutes* and serve with flavoured cornflour sauce.

A DELICATE PUDDING.

1 Egg.	1 cup Raisins.
1 cup Sugar.	Piece of Butter the size of an
1 cup Milk.	egg.
2 teaspoons Baking Powder.	Flour to make a stiff batter.

Mix, put in a buttered mould and *steam* 1 hour. Allow plenty of room for rising.

JAMAICA PUDDING (no eggs).

$\frac{1}{2}$ lb. Flour.	1 dessertspoonful of ground
$\frac{1}{4}$ lb. moist Sugar.	Ginger.
$\frac{1}{4}$ lb. Suet or Dripping.	

Mix dry ingredients and add a pinch of salt. No moisture is required for this. Pack in a greased basin and *boil* or *steam* for 3 hours. Serve with jam or a jam sauce.

VENETIAN SPONGE PUDDING.

3 or 4 stale Sponge Cakes.
3 oz. Ratafias.
2 cups Milk.
A little Sherry.
2 Eggs.

Raisins and Sultanas, pre-
served Cherries.
Citron Peel.
Sugar and Vanilla Essence.

Butter a basin and ornament with rows of cut citron peel and split raisins. Then have the sponge cakes and ratafias soaked in sherry; put them in the basin in layers, with fruit between, until the basin is nearly full. Beat yolks with sugar; add milk and flavouring, and cook this custard in a jar inside a saucepan of boiling water till it thickens, stirring it all the time and taking care not to let it boil. Pour this slowly over the pudding in the basin. Cover with buttered paper and *steam* for $\frac{3}{4}$ hour. Let it stand about 4 or 5 minutes before turning out. Serve with wine sauce, or a sauce made as follows: Beat 3 yolks of eggs, add $\frac{1}{4}$ lb. ground almonds, 1 tablespoon of castor sugar, $\frac{1}{2}$ pint milk, a wineglass of flavouring syrup. Stir till it thickens. Variety may be obtained by making the pudding with $\frac{1}{4}$ lb. grated chocolate, which should be dissolved in the milk.

FRIED PUDDINGS.

2 oz. Breadcrumbs.
3 oz. Suet or 2 oz. Butter.
1 teaspoon mixed Spice.
2 Eggs.

3 oz. Currants.
1 tablespoon Sugar.
Grated Lemon Peel.
Milk to mix.

Make into 4 or 5 round flat cakes and *fry* in butter a light brown. Serve with sauce.

NUN'S BALLS.

4 oz. Flour.

4 Eggs.

Boil a tumblerful of water with a little sugar and salt. Mix the flour smooth with a little cold water and add to the boiling water, stirring quickly to keep it smooth and free from lumps. Boil until the spoon will stand upright in the mixture. Cool a little and stir in 4 well-beaten eggs. Stir well and allow it to get quite cold. Then form into small balls about the size of a walnut. *Fry* in boiling fat. Powder with sugar and serve on a napkin.

BIRD'S NEST PUDDING.

9 Apples.

 $\frac{1}{2}$ cup Butter.

2 Eggs.

1 cup Sugar.

1 pint Milk.

Make a batter of the milk, flour, eggs and a pinch of salt. Cream the butter and sugar. Peel and core the apples, arrange them in a dish, and fill with the sweetened butter. Fill the spaces between with the batter. *Bake* in a moderate oven for 1 hour. Serve hot with sugar sprinkled over.

KATE'S BATTER PUDDING.

1 $\frac{1}{2}$ oz. Butter.

2 Eggs.

3 dessertspoons Flour.

1 dessertspoon Sugar.

1 $\frac{1}{2}$ cups Milk.

Flavouring to taste.

Mix flour and butter to a paste and stir in the boiling milk and sugar. Keep stirring a minute or two. Let it stand an hour or so till cold. Then add the beaten eggs and flavouring, and *bake in a moderate oven*.

Sultanas may be added if liked, or any *fresh fruit*.

BISCUIT PUDDING.

 $\frac{1}{2}$ lb. broken Biscuits.

2 cups Milk.

2 oz. Sugar.

2 Eggs.

Raisins.

1 Lemon.

Boil a piece of lemon rind in the milk to flavour. Grate the rest and mix it with the biscuit crumbs and

pour over this the boiling milk ; add sugar and raisins and lemon juice. Beat up eggs and add when cooled. *Bake 1 hour* in a moderate oven.

BAKED MARMALADE PUDDING.

4 Eggs.
2 tablespoons Sugar.
 $\frac{1}{2}$ cup Marmalade.

3 oz. Butter.
1 tablespoon Flour.
Pastry and Almonds.

Cream butter and sugar, add the flour, then the marmalade, and lastly the eggs well whipped. Line a pie-dish with puff paste and have it half baked. Pour the mixture into the pie-dish, and *bake 1 hour* in a moderate oven. Blanch the almonds and brown half of them in the oven. Then garnish the top of the pudding with almonds stuck in, brown and white alternately.

STEAMED MARMALADE PUDDING.

2 Eggs.
Weight of 2 eggs in Flour,
Butter, and Sugar.

1 tablespoon (heaped) Mar-
malade.
1 small teaspoon Soda.

Cream butter and sugar, add beaten yolks, then marmalade, then whites of eggs beaten stiff, and lastly the flour with the soda well mixed in. *Steam* in a buttered mould $1\frac{1}{2}$ hours.

Or, use the same ingredients except that stewed figs may replace the marmalade, and a teaspoon of baking powder instead of the soda and *bake* for about $\frac{3}{4}$ hour.

MARMALADE PUDDING.

$\frac{3}{4}$ lb. Breadcrumbs.
 $\frac{1}{2}$ lb. Marmalade.
 $\frac{3}{4}$ lb. Suet.

1 tablespoon Sugar.
1 teaspoon Carbonate Soda.
Sour Milk to mix.

Boil or steam for 2 hours.

SWEET DARIOLES.

2 tablespoons	Madoira	Cake	1 oz. Citron Peel.
	crumbs.		1 oz. Butter.
1 teacup	Milk.		4 Eggs.
1 oz.	Castor Sugar.		Short Pastry.
1 teacup	Cream.		

Mix the crumbs, milk, sugar, citron cut small and butter ; cook for a few minutes. Cool, add the yolks of 4 eggs and the whites of 2, the cream and some flavouring. Line some small moulds with a short crust, prick the bottom, and fill three-parts with the mixture. *Bake* in a moderate oven. When cold, turn out ; put a little greengage jam on each, and a spot of whipped cream, coloured a faint pink with a drop of cochineal.

Pudding Sauces and Flavourings.

Flavourings.—The usual flavourings for puddings are the essences (bought ready-prepared) of lemon, vanilla, almonds, cloves, cinnamon, etc., nutmeg, cinnamon in sticks, spices, leaves of the peach, bay, laurel and currant trees ; the grated rinds of lemons and oranges, vanilla, beans, etc. Any fruit juices, syrups or preserves may also be used ; in fact, the flavourings depend largely on the different tastes of individuals.

SWEET BUTTER SAUCE.

1 oz. Flour.	1 oz. Butter.
1 cup of boiling Water or Milk.	Sugar and Flavouring to taste.

Mix the flour smooth in a little milk or water, and pour into it a large cup of boiling water or milk. Add sugar and butter. Keep stirring while it boils till it

is sufficiently thick. May be thinned by the addition of more liquid. *Another method of mixing* is to mix the butter and flour thoroughly and pour the boiling liquid on to it, stirring all the time to keep free of lumps. Any *flavouring essence, fruit syrup, wine or brandy* may be added.

TREACLE SAUCE.

1 cup Milk.	1 tablespoon Flour.
1 oz. Sugar.	1 tablespoon Butter.
2 tablespoons Treacle.	

Mix and cook as in preceding recipe.

RASPBERRY JAM SAUCE.

1 dessertspoon Cornflour.	1 tablespoon Raspberry Jam.
1 oz. Sugar.	$\frac{1}{2}$ pint Milk or Water.

Mix the cornflour smooth with the water (cold). Stir till it boils, add sugar and jam. *Boil* up and strain.

Any fruit juice or preserve may be used for flavouring.

ARROWROOT SAUCE.

1 tablespoon Arrowroot.	1 dessertspoon Sugar.
1 cup Water.	Colour with Cochineal, Saffron,
Any Flavouring.	or Raspberry Juice.

Mix and cook as in preceding recipe.

PINEAPPLE SAUCE.

$\frac{1}{2}$ lb. Pineapple.	1 tablespoon Sugar.
$\frac{1}{2}$ cup Water.	1 teaspoon Brandy.
1 teaspoon Arrowroot.	1 teaspoon Lemon Juice.

Simmer pineapple (cut into dice) in the sugar and water for 10 minutes. Mix arrowroot smooth with brandy and lemon juice and add. *Boil* gently for 3 or 4 minutes, stirring all the time till it thickens slightly. Strain and serve.

SAGO SAUCE.

1 tablespoon Sago.	$\frac{1}{2}$ cup Wino.
1 Lemon.	$\frac{1}{2}$ small cup Water.
1 tablespoon Sugar.	$\frac{1}{2}$ saltspoon ground Cinnamon.

Wash sago and cook slowly with water and lemon rind, simmering for 10 minutes. Take out the rind, add other ingredients, boil up and serve.

CUSTARD SAUCE.

1 cup Milk.	2 tablespoons Sugar.
1 or 2 Eggs.	Flavouring.

Beat eggs and sugar, add milk and stir till it thickens, but on no account let it boil. Flavour to taste with almond or vanilla, etc. Nice to serve with plum or any dry pudding.

RICH SAUCE FOR PLUM PUDDING.

1 oz. Sugar.	$\frac{1}{2}$ cup Brandy.
$\frac{1}{2}$ cup Milk.	Yolks of 3 Eggs.

Beat sugar and yolks, add milk and stir till it thickens. Do not let it boil. Add a grating of lemon rind and the brandy. Serve separately, or pour round the pudding.

ORANGE SAUCE.

4 Oranges.	1 teaspoon Arrowroot.
1 wineglass Syrup.	

Rub the rind of 2 oranges on to lump sugar and place in a pan with the juice and pulp of 4 oranges ; add a teaspoon of arrowroot stirred smooth with a little water and the syrup. Stir over the fire till it thickens and serve at once.

DUCHESSE OR CHOCOLATE SAUCE.

2 oz. grated Chocolate.	2 Egg Yolks.
1 cup Milk.	$\frac{1}{2}$ cup Sugar.
$\frac{1}{2}$ teacup Cream.	1 teaspoon Vanilla.

Boil the chocolate in the milk about 5 minutes. Dissolve the sugar in it. Cool a little and add the beaten yolks, then the cream. Return to the fire and stir till as thick as honey. Add the vanilla to taste.

WINE SAUCE.

1 cup Sherry.	Yolks of 5 Eggs.
$\frac{1}{2}$ cup Water.	2 tablespoons Sugar.
Teaspoon grated Lemon Rind.	

Beat yolks, add other ingredients, and stir till it thickens. Do not let it boil.

VANILLA SAUCE.

$\frac{3}{4}$ cup Water.	4 oz. Butter.
5 oz. Sugar.	Vanilla Flavouring.

Cream butter and sugar, add water, cook a few minutes, and then add flavouring. Serve with boiled or steamed puddings.

LEMON SAUCE.

2 oz. Sugar.	2 Eggs.
1 Lemon.	$\frac{1}{4}$ cup Water.

Grate the lemon rind, squeeze and strain the juice (of which there should be a wineglassful). Add the yolks of 2 and white of 1 egg well beaten, and the water. Stir over the fire till it thickens, and do not let it boil.

GOLDEN FOAM SAUCE.

2 Eggs.	$\frac{1}{2}$ cup boiling Water.
Their weight in Sugar.	1 Lemon and 1 Orange.

Beat sugar and eggs well together in a basin. Place the basin over a pan of steaming water and slowly add the boiling water, beating all the time. When the sauce is thick and foamy take it off the fire and add the fruit juice (strained) or other flavouring.

Pastry, Pies, Tarts, Cheesecakes, etc.

HINTS ON PASTRY-MAKING.

1. Have the *suet fresh*, quite freed from skin, and chopped or scraped to a fine powder. *Beef suet* is best, but the fat from the loin or neck of mutton may be used also.

2. *Butter* should be *firm* and *cool*, and freed as far as possible *from water*.

3. *Dripping* must be *clarified* and without any flavour of vegetable, etc.

4. *Baking powder* is used when the suet, butter, or dripping is less than half the weight of the flour, to give crispness and shortness to the pastry; but pastry in which baking powder is used does not keep well and should be eaten fresh.

5. *Suet pastry* is the best for boiling. *Pastry made with butter or dripping* is best for frying or baking.

6. If the butter be salt, use no salt with the flour.

7. In mixing add the water very gradually to the flour, mix with a knife, and *keep everything as cool* as possible.

8. *Test the oven* by putting in a small piece of the pastry or a little flour. If the flour browns quickly it is hot enough for pastry. About 300 degrees F. is the right oven heat for meat pies, 325 to 350 degrees for puff pastry, 280 degrees F. for plainer pastry, 240 degrees F. for boiled short crust.

9. *Do not open the oven door* for 5 or 6 minutes after putting in the pastry.

10. *Puff pastry* (without baking powder) is improved by preparing it the day before it is baked. Cover it and leave it in a cool place. Roll out and bake when wanted.

11. Do not try to bake pastry in an oven where meat is being baked.

12. *White of egg* with sugar is used to glaze sweet pastry, fruit pies, tarts, etc.

Yolk of egg is used for glazing meat pies.

13. To make a *rich crust*, the proportion of fat (butter, suet or dripping) to flour is *lb.* for *lb.* If not needed so rich use less fat.

RICH PUFF PASTE.

1 lb. Flour.
1 lb. Butter.
Cold Water.

1 Egg.
Juice of 1 Lemon.
A pinch of Salt.

Put flour into a basin and drop the yolk, lemon juice and salt into the middle of it. Mix well, adding cold water gradually till a flexible paste is formed. Squeeze the moisture from the butter and roll it in a cloth till dry. Roll out the paste till about half-an-inch or so thick, and *spread pieces of butter* over it with a knife. Fold the edges of the paste over to the middle to enclose as much air as possible. Fold again. Dust paste above and below with flour; flour the roller to prevent sticking. Roll the paste again. Repeat this process *five or six times* till all the butter is used, brushing the paste each time before putting on the butter with the white of egg to make it flaky. *Leaving it* for a time in a cool place *between each rolling* makes a great improvement. Roll out *as thin as possible* at the last rolling before using. When rolling always *roll from you*.

GOOD PUFF PASTE.

$\frac{1}{2}$ lb. Flour.
 $\frac{1}{2}$ lb. Butter.
About $\frac{1}{4}$ pint of Water.

White of an Egg.
A pinch of Salt.

Mix and roll as in preceding recipe. Half of the butter may be chopped fine in the flour before adding the water, and three or four rollings will do if it must

be made quickly. Also, to save time, instead of spreading the butter on in bits with a knife, it may be rolled out in very thin sheets with some of the flour, laid on the paste, which should then be folded over, and the whole rolled again.

PLAIN PUFF PASTRY.

Make as in preceding recipe, using butter mixed with lard or dripping in the proportion of 2 oz. of butter to 1 oz. of lard or dripping.

ANOTHER PUFF PASTE (quickly made).

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoon Baking Powder.
6 oz. Butter.	Water to mix.
A pinch of Salt.	

Put flour, butter, salt and baking powder on the baking board, and *chop the butter* up finely with a suet chopper or knife. Put it in a basin and mix gradually with water enough to make a dough rather flexible than stiff. *Roll and fold over two or three times.*

CORNFLOUR PASTRY.

5 oz. Flour.	1 oz. Sugar.
4 oz. Cornflour.	1 teaspoon Baking Powder.
1 Egg.	4 oz. Butter.
About 2 tablespoons Milk.	

Rub in the butter with the fingers, beat the egg, mix with milk and moisten the flour. Roll out $\frac{1}{4}$ inch thick and bake in a good oven.

POTATO PASTRY.

4 oz. cold boiled Potatoes.	2 oz. good hard Dripping.
4 oz. dried Flour.	A pinch of Salt.
1 teaspoon Baking Powder.	

Pass the potatoes through a sieve and mix with the flour and other ingredients. Roll thin and use for jam puffs, tarts, etc.

EGG PASTRY.

$\frac{1}{2}$ lb. Flour.
 $\frac{1}{4}$ lb. Butter.
 3 Eggs.

3 oz. fine Sugar.
 A pinch of Salt.

Rub butter into the flour with the sugar. Beat the eggs well and mix in, making a rather stiff dough. Roll out and fold over three or four times. Bake in a moderate oven.

Nice for tarts with preserve.

PLAIN SHORT PASTRY.

$\frac{1}{2}$ lb. Flour.
 $\frac{1}{4}$ lb. Butter, Lard or Dripping.
 A pinch of Salt.

$\frac{1}{2}$ teaspoon Baking Powder.
 Water to mix.

Mix baking powder and salt with the flour. *Rub in the fat lightly* with the tips of the fingers. Mix to a stiffish dough, roll out and fold over two or three times.

GOOD SHORT CRUST FOR FRUIT TARTS.

$\frac{1}{2}$ lb. Flour.
 6 oz. Butter.
 A pinch of Salt.

1 dessertspoon fine Sugar.
 $\frac{1}{4}$ cup Water.

Mix as in preceeding reeipe.

ANOTHER SHORT CRUST.

1 lb. Flour.
 4 oz. Butter.
 2 oz. fine Sugar.

1 small breakfasteup boiling
 Milk.

Mix flour, butter and sugar ; and then add the milk gradually. Roll out thin and bake in a moderate oven.

SUET CRUST.

$\frac{1}{2}$ lb. Flour.
 3 oz. Suet.

$\frac{1}{2}$ teaspoon Baking Powder.
 A pinch of Salt.

Chop suet finely, mix flour, salt and baking powder. Add water or milk (about half a eup) to form a light dough. Roll out. Use for *dumplings, roly-poly, boiled fruit or meat puddings.*

CHEAP SHORT PASTRY.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoon Soda.
$\frac{1}{4}$ lb. clarified Dripping.	1 teaspoon Cream of Tartar.
Small half-cup Water.	

Dissolve the soda in the water. *Beat the dripping to a cream* and mix it well with the flour and cream of tartar. Next gradually add the water and soda. Roll out lightly.

COMMON CRUST FOR RAISED PIES.

1 lb. Flour.	A good pinch of Salt.
3 oz. Butter or Dripping.	1 cup Water.

Boil the water and stir in the butter to melt. Put flour and salt in a basin and add water and butter gradually. Do not make the paste too soft. Mix well and *knead with the hands till quite stiff*. Cover with a cloth and set in a warm place for a few minutes to make it *easier to work into shape*. If required richer, use more butter, an egg or two, and less water.

PASTRY SCRAPS.

Take any scraps of pastry left after pie-making, roll, spread with chopped figs, dates, raisins, and nut-meats and some sugar. Lay another sheet of paste on top; cut into small shapes and bake.

MOCK MINCEMEAT PIES.

Make a plain short crust. Chop some *apples* finely and mix with *currants, sugar, spice*, and a grate of nutmeg. Roll out pastry to $\frac{1}{4}$ inch thickness, cut into shapes, round, square, or oblong; spread one half with the mixture, fold over, wetting the edges and pressing them together. Cut 2 or 3 slits, ornament the edges and bake in a moderate oven.

APPLE TART.

Make like Mincemeat Pies, using *preserved ginger* or stoned dates instead of currants.

FRUIT PIES.

Pastry.
Flavouring.

Fruit.
Sugar.

Fill a pie-dish with fruit, using sugar and flavouring to taste. Add a little water if necessary. Place a small cup (or if lemon flavouring is used, half a lemon serves the purpose) in the centre to support the pastry. Wet the edges of the dish with water or white of egg and line with strips of pastry. Cover with a lid of pastry, and cut it round to the shape of the dish. *Decorate the edges* with the handle of a spoon, or with a knife and the thumb according to fancy. Score across the top or clip with the points of the scissors. *Do not make a hole in the top* or the pastry is apt to sink with the fruit. *Decorate with pastry leaves* made with a cutter, or by cutting a straight narrow piece of pastry into diamond shapes, pinching one corner for the stalk and veining with a knife. Place in a hot part of the oven for the first 15 minutes to cook the pastry, then move to a cooler place and cook slowly till the fruit is done. Glaze with white of egg and sprinklè with sugar.

CHOCOLATE TARTS.

1 thick stick of Chocolate.
1 tablespoon Cornflour.
3 Eggs.
A few blanched Almonds.
Vanilla Essence.

$\frac{1}{2}$ cup Milk.
2 or 3 tablespoons Sugar.
Piece of Butter, size of walnut.
Pastry.

Boil the milk, and stir in the chocolate, broken in pieces, till it is dissolved. Mix cornflour smooth with a little cold water and stir in. Add butter and keep stirring. Cool a little and add the yolks of 3 eggs beaten with the whites of 2. Line patty pans with puff paste, fill with the mixture ; garnish with blanched almonds and bake.

VANILLA CREAM PUFFS.

Puff Pastry.	1 cup Cream.
2 oz. Flour.	4 tablespoons Sugar.
2 oz. Butter.	6 Eggs.
1 cup Milk.	1 teaspoon Vanilla Essence.

Mix the flour smooth with the milk and cream, and boil for a few minutes stirring all the time. Stir in the sugar and butter. Let it cool and add the beaten yolks, the flavouring, and then the whites whipped stiff. Line some moulds with puff paste; fill three parts full with this mixture, and bake $\frac{1}{2}$ an hour in a moderate oven.

APRICOT TARTS.

6 oz. Flour.	3 oz. Sugar.
4 oz. Butter.	3 oz. Almonds.
2 Whites of Eggs.	Apricot Jam.

Mix the flour, butter and sugar together on the pastry-board till the mixture looks like crumbs. Moisten with about 2 tablespoons of water. Knead a little and roll out once or twice till about $\frac{1}{4}$ inch thick. Line patty pans, prick the bottom pastry and lay a piece of bread in the centre of each to keep the shape. Bake in a good oven. Whip whites of eggs with the almonds (blanched and browned in the oven and chopped fine) and 2 oz. of sugar. Take out the bread from the patty cases, put in a little apricot jam and then cover with the whites. Bake again till coloured.

APPLE CHEESECAKE.

Enough *boiled apples* to weigh $\frac{1}{2}$ lb. cooked. Add $\frac{1}{4}$ lb. sifted sugar. *Melt* 3 oz. *butter* and add the juice and *grated rind of a lemon*. Stir well over a slow fire. Line patty pans with puff paste and put in some of the above mixture. *Bake 20 minutes* in a quick oven.

CURD CHEESECAKE.

Strain some curd, cream a little butter and sugar, beat in an egg and mix with the curd. Add any flavouring, currants or chopped almonds to the mixture. Fill patty pans, which should be lined with puff pastry rolled thin.

CUSTARD CHEESECAKE.

Make a rich custard, flavour and sweeten to taste. Line patty pans with a good pastry rolled thin. Put a piece of bread in the centre to keep the shape. Partly bake; then fill with the custard and grate a little nutmeg on top. Decorate with two strips of pastry and bake till the custard is set.

ALMOND CHEESECAKE.

4 oz. Butter.	3 Eggs.
2 tablespoons Sugar.	$\frac{1}{4}$ lb. Flour.
$\frac{1}{2}$ teaspoon Baking Powder.	2 oz. stale Sponge Cake.
Almond Essence.	

Cream butter and sugar, add beaten eggs, flour, powder, almond essence, and sponge cake crumbed very finely. Bake a light brown in patty cases. Ice and garnish with blanched chopped almonds.

RICHMOND MAIDS OF HONOUR.

$\frac{1}{2}$ lb. dry Curd.	4 Eggs (yolks only).
6 oz. Butter.	6 oz. Sugar.
1 mashed Potato.	1 oz. sweet Almonds.
Grated rind of 3 Lemons.	1 oz. bitter Almonds.
Juice of 1 Lemon.	$\frac{1}{4}$ Nutmeg, grated.
Pastry.	Brandy to flavour.

Mix butter and curd, beat eggs and sugar, grind the almonds fine and mix all well together. Put some of this mixture into each of the patty tins lined with good puff pastry.

MOCK MINCEMEAT TARTS.

2 tablespoons moist brown Sugar.	1 tablespoon Butter.
4 tablespoons Currants.	$\frac{1}{2}$ Nutmeg, grated.
1 tablespoon chopped Candied Peel.	Pastry.

Melt the butter and mix sugar, currants, peel and nutmeg. Roll the pastry $\frac{1}{4}$ inch thick, cut in large rounds. Put a spoonful of mixture in the centre, wet the edges, pinch up into a ball, roll out, score across, brush over with egg, and bake in a hot oven.

MINCE PIES.

1 dozen Apples minced.	Moist Sugar, Ground Ginger.
Equal weights of Sugar,	Cinnamon, Peel.
Raisins, Currants.	

Mix well, moisten with wine or brandy. Line a deep tin plate (or pie-dish) with pastry; lay in the mixture. Cover with paste. Score the pastry slightly and ornament at the edge.

MINCEMEAT.

$\frac{1}{2}$ lb. Beef Suet.	$\frac{1}{2}$ lb. brown Sugar.
$\frac{1}{2}$ lb. Biscuits (crumbed).	$\frac{1}{4}$ lb. Lemon Peel.
$\frac{1}{2}$ lb. Apples.	$\frac{1}{4}$ lb. Orange Peel.
$\frac{1}{4}$ lb. Citron.	1 eup Wine.
$1\frac{1}{2}$ lb. Currants.	2 tablespoons Brandy.

Put down in jars, tie up like jam, and it will keep good for a year. Should not be used for a month after it is made.

LEMON MINCEMEAT.

3 large Lemons.	1 lb. Suet.
3 large baked Apples.	2 lb. moist Sugar.
1 lb. stoned Raisins.	1 oz. candied Lemon Peel.
1 lb. Currants.	1 oz. candied Orango Peel.
2 tablespoons Marmalado.	1 teacup Brandy.

Squeeze out the juice and boil the lemons till tender enough to pulp; remove core and skins of apples and chop the suet and peel finely. Mix all and place in a stone jar. Ready for use in 2 weeks.

Fritters and Pancakes.

BATTERS FOR FRITTERS.

Batter without Eggs, No. 1.

$\frac{1}{2}$ lb. Flour.
1 oz. Sugar.
 $\frac{1}{2}$ cup Milk.

$\frac{1}{4}$ teaspoon Soda.
 $\frac{1}{2}$ teaspoon Cream of Tartar.

Mix flour, sugar and cream of tartar. Dissolve soda in the milk and mix gradually.

Batter No. 2.

3 tablespoons Flour.
2 Eggs.

A pinch of Soda.
Milk to mix.

For sweet batter use a little sugar and flavouring. For savoury batter use pepper and salt and any flavouring sauce.

Batter No. 3.

$\frac{1}{4}$ lb. Flour.
 $\frac{1}{4}$ oz. Butter.
A pinch of Salt.

2 Eggs.
Milk or Water to mix.

To mix.—Beat the whites and yolks separately. Put flour in a basin, add melted butter, moisten with warm milk, add yolks and then whites, making just stiff enough to drop from a spoon. Mix very gradually and smoothly.

To fry.—Have ready a pan of boiling lard or clarified dripping, and drop a little batter in to fry. It should puff out lightly, and is done when a golden brown.

Batter is *better if left to stand* some hours before using; but if this is done, add raising material (soda or white of eggs) just before using.

APPLE FRITTERS.

Make a sweet batter. Slice tender apples rather thick and stamp out the core with a cutter. Dip each slice into batter and drop into boiling fat. Fry a nice brown, turning when necessary. Drain and dish on a white d'oyley. Sprinkle with sugar and serve. Hard apples need partial cooking before dipping in batter.

Pineapple, apricots or any suitable fruit may be treated in a similar way.

Oranges should be divided in quarters, *bananas* peeled and halved lengthwise.

Apples, bananas, etc., are improved by *soaking in brandy, sugar and lemon juice* for some hours before using.

CURRENT AND RICE FRITTERS.

$\frac{1}{2}$ cup Milk.	1 tablespoon Flour.
2 Eggs.	2 tablespoons boiled Rice.
2 tablespoons Currants.	Sugar and Nutmeg.

Mix flour smooth with milk; add other ingredients and then the well-whipped eggs. Fry in boiling lard.

CAKE FRITTERS.

Slices of *stale cake* may be dipped in a good batter or simply dipped in milk and fried in butter. Serve with preserve on the top.

SPONGE CAKE FRITTERS.

3 stale Sponge Cakes.	2 Eggs.
$\frac{1}{2}$ teacup boiling Milk.	1 $\frac{1}{2}$ oz. Currants.
1 tablespoon pastry Flour.	

Pour the boiling milk over the crumbled sponge cake. Let it cool and stir the flour in smoothly. Cover for 15 minutes, then beat till cold and stir in the yolks of the eggs. Next add the stiffly beaten whites and the currants. Drop a spoonful at a time into boiling fat, fry a golden brown; drain and serve hot at once on a d'oyley. Scatter castor sugar on top.

COLD-MEAT FRITTERS.

Put 1 oz. butter into a pan, then mix in 1 oz. flour stirred smooth in a teacup of milk. Boil up till it leaves the sides of the pan. Then mix in $\frac{1}{4}$ lb. of any cold meat finely chopped, 1 teaspoon of chopped parsley, lemon juice, pepper and salt to taste. Leave the mixture till cold. Shape into cakes or balls with the hands floured to prevent sticking. Dip these into a batter made of 1 egg, 1 teacup milk and 1 oz. of flour.

MEAT FRITTERS.

Make a savoury batter, with pepper, salt, and any sauce to flavour. Dip in *slices of cold cooked meat* and fry in plenty of boiling fat.

PANCAKES—PLAIN PANCAKE BATTER.

3 oz. Flour.
1 cup Milk.

3 Eggs.
 $\frac{1}{2}$ teaspoon Salt.

If eggs are dear, 1 egg may be used, a little more milk and $\frac{1}{2}$ teaspoon baking powder.

If preferred sweet, use a little sugar and any flavouring.

Mix the flour and salt gradually with the milk, and add the eggs well beaten. Grease the frying-pan with butter or dripping rubbed on with a piece of paper, and pour in enough batter to cover the bottom of the pan. Toss or turn with a broad knife, and when both sides are done, turn out on to a hot dish, sprinkle with sugar and lemon juice before rolling up. Serve at once.

The *batter is best made some time before it is used*; but if this is done, add the whites of eggs (whipped stiff) and baking powder just before cooking.

GERMAN PINEAPPLE PANCAKE.

Make an ordinary pancake batter. Pour into a very hot greased tin, and as soon as the batter spreads cover with a layer of stewed pineapple (not too

juicy) and dredge with powdered sugar. Put the tin in a hot oven and bake for 8 or 10 minutes till done. Cut into triangular shapes and serve hot.

APPLE PANCAKES.

2 Eggs.	1 tablespoon Sugar.
2 cups Milk.	2 teaspoons Baking Powder.
1 cup minced Apple.	Flour to mix.

Beat the eggs well. Add milk and gradually stir in the flour to make a smooth batter about the consistency of thick cream. Add sugar and allow it to stand for 1 hour or more. Then stir in the apple and baking powder, and bake or fry in a hot buttered pan. Dust with sugar and serve.

FRENCH PANCAKES.

2 Eggs.	2 oz. fine Flour.
2 oz. Butter.	1 cup Milk.
2 oz. fine Sugar.	

Beat butter and sugar to a cream, beat in the eggs, then milk and flour. Stir well and let it stand if possible. Place on buttered plates and bake in a quick oven for 20 minutes. Pile high on a dish; sprinkle with sugar, and serve with cut lemon or preserve.

If the batter is allowed to stand, add the whites (whipped stiff) last of all.

HERB PANCAKES.

X Mix different kinds of herbs (a teaspoon of each), a tablespoon of cooked onion and a tablespoon of finely-minced lean bacon or ham. Put them in a pan with a piece of butter and cover, steaming gently till tender. Make pancakes with the ordinary batter, and spread each with a layer of the herb mixture. Roll up and place neatly side by side and close together in a stewpan with just enough good gravy to keep

them from burning. Let them *steam thus for $\frac{1}{2}$ an hour.*

Or the ingredients may be stirred into the batter, *made like ordinary pancakes*, and served hot, with a good gravy sauce, if liked.

Jellies, Creams, Moulds, Pretty Sweet Dishes.

HINTS ON MAKING JELLIES, CREAMS, Etc.

1. *Sheet gelatine* is cheaper for ordinary use than packet gelatine. *Isinglass* is a finer and dearer substance and is usually preferred for sick-room cookery; it softens more quickly than gelatine. *Gelatine* must be soaked some hours before it is used. If possible, soak overnight.

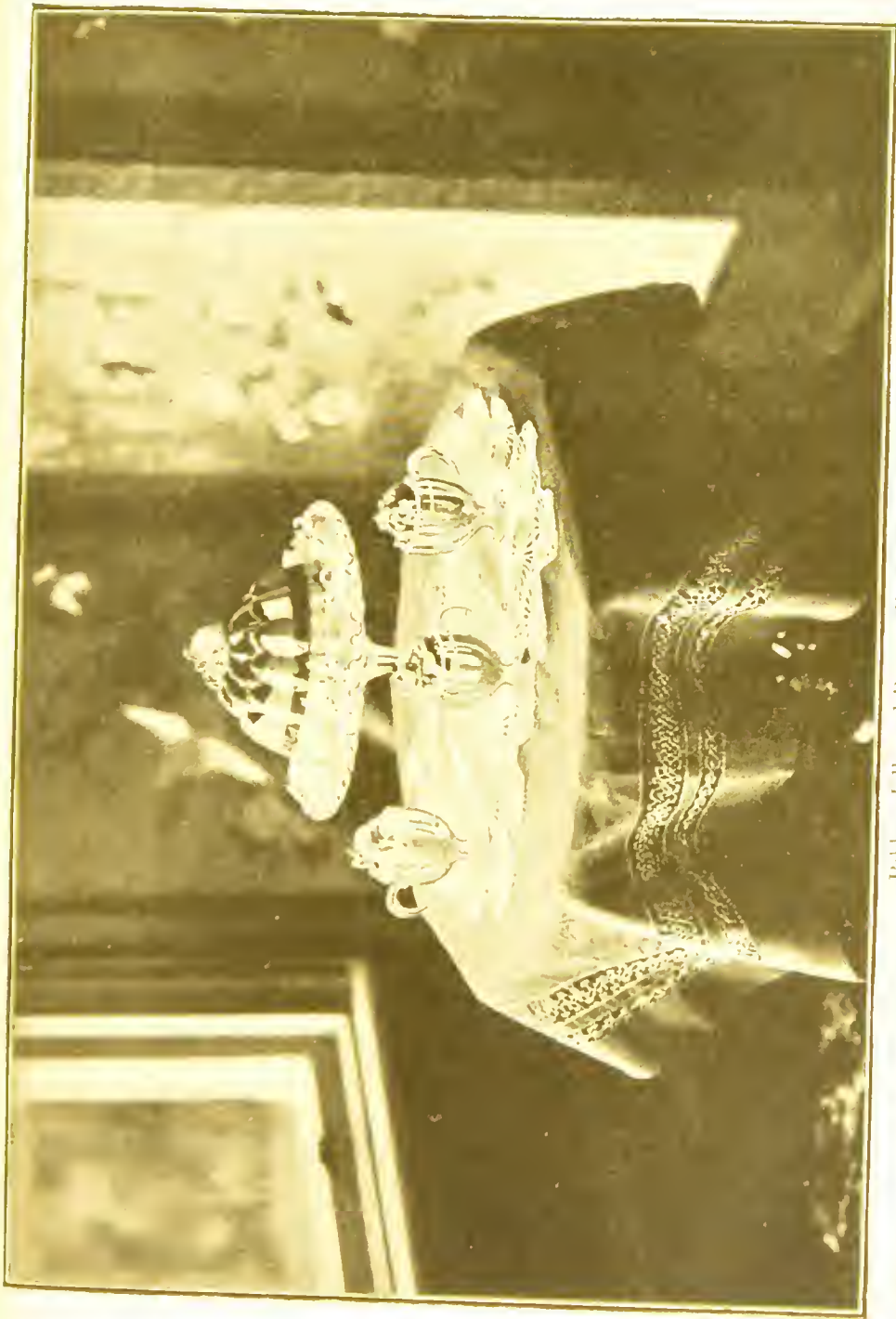
2. The *proportion of gelatine to liquid* varies with the weather and the nature of the liquid; but the usual proportions are 1 oz. gelatine in cold weather to 1 quart of liquid, and 1 oz. gelatine in hot weather to a little over 1 pint of liquid.

The liquid includes all flavourings, etc.

Jellies that are to have solids, such as fruit, etc., set in them, require to be made stiffer than usual by the addition of more gelatine. For these from $1\frac{1}{2}$ to 2 oz. gelatine may be used to 1 quart of liquid.

Aspic Jelly requires from 2 to 3 oz. gelatine to 1 quart of liquid.

Too much gelatine makes the jelly tough. A well-made jelly should be soft enough to serve with very slight pressure of the spoon. If it has to be *cut* or *bitten* it is too stiff.



Ribbon, Jelly and Passion Fruit Creams.

3. *To have jellies clear*—some jellies are not required to be clear—a *strainer* must be used. This may be a fine kitchen tea-cloth, or a piece of double flannel. If needed specially clear, the whites and shells of eggs may be used in the proportion of 2 *whites* to 1 *quart of liquid for sweet jellies*. For *savoury jellies*, raw meat may be used, if liked, instead of the whites of eggs, as the meat gives an additional flavour. The jelly liquid, containing the clearing material, should be well whisked till it reaches boiling point, but not afterwards. Allow it to boil up for three or four minutes. Then draw it aside and cover until the scum cracks and shows a clear liquid. Then strain. Have the straining-cloth scalded and strain in a warm place out of draughts. The first part of the liquid that comes through should be strained again. Strain the *flavourings, wines, spirits, etc.*, and add after the clearing and straining of the jelly.

4. The *gelatine* should be soaked in cold liquid and *heated gradually*, stirring all the time. Do not let it get too hot or it will curdle.

5. In making jellies, creams, etc., *be accurate in measuring* the ingredients; but *common sense* must be used with the best recipes, for much depends upon the state of the weather and much also upon the nature of the ingredients used. For instance, *whipped cream* and *custards*, if used with other cold ingredients, both tend to stiffen. *Syrup* and *fruit pulp* also require *less gelatine* than thinner liquids such as milk or water.

6. If *custard* is the foundation of a cream, have it *quite cold before adding the cream*. Let the *gelatine* be cooled considerably before adding to either cream or custard. Add the *thinner fluids* to the *more solid* and *mix well*, gradually, and before the *gelatine* begins to get too stiff, or the result will be lumpy. Stir from time to time till it begins to show signs of stiffening, and then transfer at once to the mould. If *fruit* or

other solids are to be added, the jelly must be stiff enough to hold these before it is moulded or they will fall to the bottom of the mould.

7. Delf moulds must be used for all mixtures containing acids or fruit juices. *Metal moulds* may be used for others. All moulds should be *dipped in cold water* and drained for a minute or two, or brushed with a clear syrup or with oil, before the mixture is poured in, so that the jelly may turn out easily. Metal moulds may be plunged for a moment into hot water, or have a cloth wrung out of hot water placed round them to *make the shapes turn out easily*.

8. Jellies may be *coloured* and *flavoured* to taste with cochineal, earmine, saffron, yolks of eggs, fruit juices, caramel, chocolate, coffee, etc.

PLAIN CORNFLOUR MOULD.

1 pint Milk.	2 tablespoons Peach Jam.
2 oz. Cornflour.	2 oz. Sugar.
Almond Flavouring.	

Boil the milk and then stir in the cornflour, which has been mixed smooth with a little cold milk. Boil for 5 or 6 minutes, stirring well. Add flavouring. Cool a little. Rinse a mould in cold water. Pour in half the mixture, then the jam, then the other half of the mixture. Let it cool and firm. Turn out and serve with more jam placed round.

Arrowroot and *ground rice* may be similarly used; but the ground rice does not require so much sugar and must be boiled about 15 minutes.

RICH BLANCMANGE.

1 pint Milk.	3 oz. loaf Sugar.
1½ oz. Gelatine.	1 oz. sweet Almonds.
Rind of ½ Lemon.	12 bitter Almonds.
1 pint of Cream.	

Soak the gelatine in some of the milk. Boil the milk with the lemon rind, sugar and almonds (blanched and pounded). Almond flavouring will do if no

almonds are available. Flavour the milk well, and add the gelatine, stirring till thoroughly dissolved. Let the milk just boil up again, and then strain through a teacloth or muslin into a jug. Add the cream gradually and keep stirring till nearly cold. Then put into a mould, wet in cold water or brushed with pure oil; keep back any sediment that may be at the bottom of the jug. Garnish or colour to taste.

LEMON JELLY.

6 Lemons.	1½ oz. Gelatine.
¾ lb. loaf Sugar.	3 tablespoons Sherry.
2 breakfastcups of Water.	1 tablespoon Brandy.

Soak the gelatine and sugar in 1 cup of cold water. Take the yellow rind of 3 lemons and put in 1 cup of boiling water and let it simmer for about 30 minutes. Heat the gelatine with the sugar and water gradually till dissolved, but *do not let it boil*. Add to it the strained juice of 6 lemons and the water in which the rind has been, and bring all just to boiling point. *Skim and strain well*; add the liquor strained. Stir till nearly set, and then pour into a wet china mould.

RIBBON JELLY.

Make jelly of two colours, colouring with cochineal and saffron, and pour alternately into a mould, taking care that one colour is firm before putting in the other.

FRUIT JELLIES.

Line a mould with jelly. Decorate with peaches, apricots, bananas, etc., cut in shapes, and fill the mould with jelly, flavoured to taste. Some of the fruit, pulped, may also be added if preferred.

ORANGE JELLY.

3 teacups Orange Juice.	3 oz. lump Sugar.
1 teacup hot Water.	Rinds of 3 Oranges.
1 oz. Gelatine.	Juice of 1 Lemon.

Rub the lump sugar on the orange rinds. Boil the sugar, water, and lemon rind (yellow part only). Strain, add gelatine and stir till dissolved. Add fruit juice and mould.

CREAM JELLY.

Line a mould with lemon jelly. Then put in a layer of any just liquid cream flavoured to taste with fruit juice or pulp, or simply with an essence; then a layer of jelly and repeat till mould is filled, having the jelly as the last layer. Leave it to set.

JAPANESE JELLY.

1 pint clear Jelly.	1 wineglass Milk.
1 packet Isinglass.	1 pint Cream.
Flavouring and Colouring.	

Make a pint of clear jelly from the packets sold in the shops. Let it stand till nearly cold. Have the isinglass soaked in the milk, sweeten to taste and stir over the fire till dissolved. Let it cool. Add the cream whipped to the isinglass before it sets, divide into three parts and have them coloured pink, green and white, and flavoured suitably. Let it set and then cut into small squares, and drop these into the jelly when it is nearly set. Turn out when cold into a square glass dish. When cut, this has a very pretty effect.

COFFEE JELLY.

4 oz. Coffee.	3 oz. Sugar.
1½ pints Water.	3 oz. Cornflour.
½ pint Cream.	

Put the coffee into the cold water and bring to the boil. Strain well. Add the sugar and cornflour blended well with the cream. Boil about 8 minutes, stirring well till quite smooth. Set in a mould and when firm turn into a glass dish. Decorate with pink and white whipped cream and a few blanched almonds.

PORT WINE JELLY.

1 pint Port Wine.	$\frac{1}{2}$ to $\frac{3}{4}$ oz. Isinglass or fine
1 Lemon.	Gelatine.
$1\frac{1}{2}$ tablespoons Sugar.	$\frac{1}{4}$ pint Water.

Put the gelatine into the water to soak. Heat the wine with the lemon rind and sugar, stir in the gelatine, add some lemon juice and a few drops of carmine or cochineal. Strain and keep stirring till it begins to set. Pour into a wet mould and set in a cool place.

ORANGE MOULD.

2 sweet Oranges.	3 Eggs.
$\frac{3}{4}$ oz. Gelatine.	1 pint Milk.
2 tablespoons Sugar.	2 tablespoons Orange Juice.

Soak the gelatine in some of the milk. Boil the rest of the milk, and add the gelatine, stirring till dissolved. The rind of the oranges may be boiled with the milk and extracted before adding the gelatine, or it may be cut in strips and left in. Add the sugar and the beaten yolks of the eggs. Stir till it thickens, but do not let it boil. Let it cool somewhat, then add the whites beaten stiff and the orange juice. Place sections of the 2 oranges (without pips or white) in a wet mould and pour over them the mixture. When cold, turn out and *garnish* with *whipped cream*.

RED CURRANT AND RASPBERRY SHAPE.

1 lb. Raspberries.	$2\frac{1}{2}$ oz. Cornflour.
1 lb. Red Currants.	2 or 3 tablespoons Sugar.

Strain the fruit pulp, either raw or stewed with a little water added. Have 1 quart of liquid, add sugar, boil and stir in the cornflour, which has been mixed smooth with a little cold water. Boil till it thickens and leaves the sides of the pan. Pour into a wet mould and turn out when cold.

MOCK CREAM SHAPE.

1 quart Milk.
3 tablespoons Cornflour.
Vanilla Colouring.

$\frac{3}{4}$ cup Sugar.
4 Eggs.

Mix the cornflour smooth with cold milk. Boil the rest of the milk with sugar, and pour into the cornflour, stirring well. Let it simmer for 15 minutes. Add flavouring. Beat the *whites of the eggs* stiff and stir lightly into the mixture when somewhat cooled. Keep stirring, and next turn the mixture into a buttered mould. When cool, turn out and serve with a custard made with the yolks of the eggs and milk, sweetened to taste.

PEACH CREAM.

$\frac{1}{2}$ pint Peach Pulp.
 $\frac{1}{2}$ Lemon.
 $\frac{1}{2}$ pint Cream.

$\frac{1}{2}$ oz. Leaf Gelatine.
 $\frac{1}{4}$ pint Milk or Water.
 $\frac{1}{2}$ cup sliced Peaches.

Pulp the peaches, rub them through a sieve. Add sugar to taste, and the grated rind and juice of $\frac{1}{2}$ lemon to the pulp. Mix in the whipped cream gradually, and then stir in the gelatine (dissolved in the milk or water) when it is cooled. Keep stirring; and, when beginning to set, add the sliced fruit, and pour at once into a wet mould. Set in a cool place to firm.

APRICOT CREAM.

8 Apricots.
1 oz. Isinglass.
4 oz. Sugar.

$\frac{1}{2}$ lb. powdered Sugar.
1 teacup hot Water.
 $\frac{1}{2}$ pint Cream.

Whip cream, and add the pulped and sieved fruit and the sugar. Dissolve the isinglass in the hot water and mix with the cream. Stir, and cool before moulding. Decorate with white flowers and green leaves.

ANGEL CREAM.

1 pint New Milk.
 $\frac{1}{2}$ cup Sugar.

3 heaped teaspoons Cornflour.
 2 Eggs (whites only).

Dissolve the cornflour in a little of the milk, and stir it smoothly into the boiling milk and sugar until it thickens. Then add the whipped whites after cooling it a little, also the flavouring. Mould. Turn out when cold and serve with cream or custard.

LEMON OR ORANGE CREAM.

$\frac{3}{4}$ oz. Gelatine.
 1 cup flavoured Fruit Syrup.
 $1\frac{3}{4}$ cups Cream.

$\frac{1}{2}$ cup Lemon or Orange Juice.
 $\frac{1}{4}$ cup Brandy.
 1 teacup Sugar.

Soak the gelatine in the syrup. Stir over the fire till dissolved. Add the grated rind of the fruit, the juice and sugar. Cool and pour it gradually to a pint of cream just as it begins to set. There should be about $3\frac{1}{2}$ cups of liquid altogether including the cream. Stir till it begins to set and then pour into a wetted mould.

RASPBERRY OR STRAWBERRY CREAM.

1 quart Raspberries or Straw-
 berries.
 $\frac{1}{2}$ to $\frac{3}{4}$ oz. Gelatine.

1 tablespoon Lemon Juice.
 1 pint whipped Cream.
 3 tablespoons Sugar.

Soak the gelatine in some fruit juice. Sprinkle the sugar over the raspberries and let them stand for about an hour, then pulp them through a sieve. Heat, but do not boil the gelatine (with a little more sugar if liked and the lemon juice) until dissolved. Stir it quickly into the fruit pulp. Use some cochineal to colour. Mix in the whipped cream before it begins to set, and pour the whole into a mould. When set, turn out and garnish with whipped cream and raspberries.

Passion fruit or strawberries, etc., may be similarly treated. Colour and garnish to taste.

If no raspberries or strawberries are available, mix about $\frac{1}{4}$ lb. *raspberry or strawberry jam* with a little milk. Strain and use, allowing for the extra liquid.

SPANISH CREAM.

1 quart Milk.
5 Eggs.
 $\frac{1}{4}$ lb. Sugar.
1 oz. Gelatine.

Piece of Butter size of a Walnut.
Flavouring of Vanilla, Lemon
or Coffee Essence.

Soak the gelatine in a cup of water. Boil the milk and dissolve the gelatine in it, stirring well. Take it off the fire, cool a little, and add the sugar and the beaten yolks. Keep stirring and bring it nearly to the boiling point again. Cool and add the flavouring and the whites beaten stiff. Place in a wet mould, and turn out when set.

SWISS CREAM.

$\frac{1}{4}$ lb. Macaroons, or 6 penny
Sponges.
Sherry to soak Cakes.
1 Lemon.

1 pint Cream.
 $\frac{1}{4}$ lb. loaf Sugar.
2 tablespoons Arrowroot.
A little Milk.

Place the cakes in a glass dish and soak them with sherry. Any good fruit syrup will do instead of sherry. Put cream with sugar and lemon rind and heat for about 30 minutes till the cream is flavoured. Take out the rind and add the arrowroot mixed smooth with a little milk. Let it boil gently for 2 or 3 minutes, stirring well. Take off the fire and stir till nearly cold, adding the lemon juice strained. Pour over the cakes in the dish. Garnish with red and yellow jelly, placed alternately with strips of angelica and a few dried cherries.

APPLE SPONGE.

$\frac{1}{2}$ oz. Gelatine.
1 lb. Apples.
3 Eggs (whites only).

1 lb. loaf Sugar.
 $\frac{1}{2}$ pint Water.
1 Lemon.

Soak the gelatine in about 4 tablespoons of water overnight. Boil the sugar and $\frac{1}{2}$ pint of water for

5 minutes and dissolve the gelatine in this. Have the apples stewed (in a very little water) till soft with the grated lemon rind. Rub them through a sieve; add the lemon juice. Mix all together. When cool add the whites well whipped. Whisk till nearly set, then mould. Turn out when cold and serve with cream or eustard. It may be coloured pink with cochineal. Also it looks well whisked till quite set and then roughly piled on a dish with rocks of whipped cream.

ANGEL'S FOOD.

$\frac{3}{4}$ oz. Gelatine.
1 quart Milk.
3 Eggs.

1 Lemon (or Vanilla Flavour-
ing).

Soak the gelatine in some of the milk. Boil the yellow rind (the white part is bitter) of the lemon in the milk to flavour it. Add the gelatine to the strained hot milk and stir in the pot till dissolved. Add the beaten yolks and the lemon juice and heat till it comes nearly to boiling point, stirring all the time. Do not let the eggs curdle. Then add the whites whipped stiff. Mould and serve cold with whipped cream and pink sugar to decorate. A few split blanched almonds may also be used to decorate.

LEMON SPONGE.

1 oz. Gelatine.
1 pint Water.
2 Eggs (whites only).

6 oz. loaf Sugar.
3 Lemons.

Dissolve gelatine in the water; add sugar and rind of 1 lemon and simmer for 10 or 15 minutes. Add juice of 3 lemons, then strain it all. Stir well, and when it cools and begins to stiffen, stir in the well-whipped whites. Put in a wet mould. Turn out when cold and *garnish* with rough mounds of whipped cream. Colour part of the cream with cochineal, and tip each mound with coloured cream.

CHOCOLATE SHAPE.

1 pint Milk.
4 or 5 oz. grated Chocolate.
2 tablespoons Sugar.

$\frac{1}{2}$ oz. Gelatine.
3 Eggs (yolks only).
1 teaspoon Vanilla Essence.

Soak the gelatine in a little of the milk. Boil the rest of the milk and dissolve the grated chocolate in it, boiling for a few minutes. Add the gelatine and stir till dissolved. Add sugar. Cool somewhat and beat in the yolks of the eggs one at a time. Add the flavouring and pour into a wet mould. *The eggs may be dispensed with* and an extra $\frac{1}{2}$ oz. of gelatine used instead. Cocoa (about 1 dessertspoonful) may be used instead of chocolate, but is not so good. *Garnish* with blanched almonds and whipped cream sprinkled with pink sugar.

TO WHIP CREAM FOR TRIFLES, etc.

1 pint Cream.
Whites of 1 or 2 Eggs.
3 oz. pounded Sugar.

Any Flavouring, such as 1 wine-glass Sherry and grated rind of $\frac{1}{2}$ a Lemon.

Whip the whites, dissolve the sugar in the flavouring. Put all with the cream, and whip it till quite stiff in a cool place. Take off the froth as it rises and drain it on a sieve. The whip is much stiffer if the weather is cold enough to make it the day before it is needed.

If the cream is thick it will whip without the egg whites. *Cream will keep for days in hot weather* if sealed. Place the cream in a glass jar or bottle (if a double boiler is not available). Put the jar inside a pan of cold water. Bring the water to the boil and let it boil from 20 to 30 minutes or longer. If slightly sour, add a little baking soda and some icing sugar to the cream and boil as directed. This answers also with *milk* that is just beginning to turn.

BOILED CUSTARD FOR TRIFLES, Etc.

5 to 8 eggs.
1 pint Milk.

Flavouring to taste.
3 oz. loaf Sugar.

Lemon rind, vanilla, almond, or 1 tablespoon of brandy may be used to taste as flavouring. Place the milk and sugar in a jug or deep jar inside a pot of boiling water and bring it nearly to boiling point. Beat the eggs well and add to the milk, stirring all the time till it thickens. Do not let it boil or the eggs will curdle and it will be full of lumps. Stir in the flavouring.

Using cream and a larger number of eggs (the yolks only) makes a *richer* custard. A *cheaper custard* may be made by using fewer eggs.

TRIFLE.

A rich Custard.
1 Lemon.
2 oz. sweet Almonds.
1 cup Sherry.
 $\frac{1}{2}$ glass Brandy.

6 stale Sponge Cakes.
12 Macaroons.
24 Ratafias.
Raspberry Jam.
Whipped Cream.

Soak the cake in the wine and brandy, grate the lemon rind over this and sprinkle with the almonds blanched and cut into strips. Spread over this a layer of jam, then pour on a rich custard and pile on whipped cream. *Garnish* with almonds, coloured jellies, crystallized sweetmeats, ratafias, or hundreds and thousands, according to taste.

A good fruit syrup may be used *instead of the brandy and sherry* to soak the cake.

RASPBERRY FLOAT.

4 tablespoons of any red Jelly. Sponge Fingers.
Whites of 4 Eggs. A plain Custard.

Whisk the eggs stiff, add the jelly and whisk again. Put the custard in a glass dish and pile the mixture over it. Garnish with sponge fingers.

A change may be obtained by sweetening the whipped whites with powdered sugar and flavouring with vanilla; then partly cook over a dish of boiling water. Drop in pieces over the custard, and put a piece of jelly on each rock of egg.

ORANGE COMPÔTE.

Have oranges free from skin, pulp and seeds. Prepare a syrup with water and sugar boiled with the yellow part of the rind. Strain and pour over the oranges when cold. Leave in a basin to soak. Then pile up and strew with desiccated cocoanut and serve with whipped cream.

SCOTCH MIST.

2 dozen Macaroons.	1 pint Cream.
1 dozen Savoy Biscuits.	A little Sherry.

Pound the biscuits. Take 3 parts of the cream, add the sherry, and mix the biscuits with it. Heap the mixture in the middle of a glass dish. Whip the remainder of the cream and put over it. Decorate with strips of angelica and halved preserved cherries.

MOCHA CAKE.

$\frac{1}{2}$ lb. Butter.	4 Eggs.
$\frac{1}{4}$ lb. Castor Sugar.	1 teacup very strong black
1 lb. Sponge Fingers.	Coffee.

Cream the butter and sugar and add the yolks of the eggs one by one until well mixed. Add the coffee and mix well. Put a small quantity of this cream round the cake tin and at the bottom of it. Place a row of sponge fingers, then a layer of cream, and so on till the tin is filled. Stand in a cool place till next day and then turn out. Serve with cream.

PRETTY DESSERT DISHES.

1. Bake a sponge cake in a round cake tin. Cut out the centre and partly fill with some *fruit, preserve, or a good custard*. Pile some whipped cream on top. Then decorate the sponge with a border of whipped cream, white and pink (coloured so with cochineal) alternately. This looks well if put through the icing tubes in "roses." The centre may be sprinkled with pink sugar.

2. Have some stewed fruit (apricots or peaches) in the centre of a glass dish. Round the edge place sponge cakes rolled in the shape of Calla lilies with whipped cream in the centre, a yellow long-shaped sweet to represent the spike of the lily, and between the lilies mounds of whipped cream tipped with pink.

TIPSY CAKE.

1 large stale Sponge Cake.
Sweet Wine or Sherry.
6 tablespoons Brandy.

2 oz. sweet Almonds.
1 pint Custard.
Whipped Cream.

Soak the cake in brandy and wine. Blanch and dry the almonds and stick them all over the cake, which should have been baked in a pretty mould. Pour the custard over and garnish with whipped cream.

SURPRISE CAKE.

Take a thick stale sponge cake loaf. Cut into round pieces with a large sharp knife. Hollow out a round in the centre of each. Join these rings together with apricot preserve, slightly pressing them together, and fill the centre with flavoured whipped cream in which a little gelatine has been dissolved. Cover the top with a plain piece of sponge cake and tie all together with a piece of tape, which must be removed when the cake has firmed. Ice with lemon icing.

Soufflés and Omelets.

Soufflés are either *steamed* or *baked*.

1. Have the *moulds* for steaming, if of tin, *fairly new*, as if old they are apt to discolour the soufflé.

2. *Prepare everything beforehand*, for there must be no waiting when the mixing process has once begun.

3. Allow plenty of *room for swelling* by tying a buttered paper round the outside of the mould, if for steaming. The soufflé should rise half as high again as the raw material.

4. If steaming, *cover the top* with a piece of well-buttered paper to prevent the steam, condensed on the lid, from dropping on to the soufflé.

5. A "steamer" is most convenient; but if an ordinary pot must be used, let it be of iron, and do not have more than 1 inch of boiling water in the bottom, lest the mould should move about. Take care that the buttered paper does not get wet.

6. If cooked *too quickly* the eggs may curdle. If cooked *too long* the pudding may crack and collapse. The *time of cooking* is usually from $\frac{1}{2}$ to $\frac{3}{4}$ hour.

7. The *ingredients* must be *well mixed* before adding the whites of the eggs, which should be whipped stiff. Then as quickly as possible mould and place to cook. Do not open the pan for at least 15 or 20 minutes.

8. *Baked soufflés* are best cooked in the dish they are to be served in. The buttered paper must be placed round the inside rim and removed before serving. If a large dish is used, the buttered paper may be dispensed with. Have a *hot oven*.

9. Soufflés should be served directly they are cooked.

10. Use *more whites than yolks* of eggs for any soufflé.

OMELETS, AND OMELET SOUFFLES.

1. Keep a *special pan* and clean by wiping with paper and a dry cloth instead of washing it.

2. For omelets whole eggs are used, and are *not beaten too stiff*, so as to allow the mixture to set easily for folding.

3. For omelet soufflés the yolks and whites are *beaten separately*, the whites very stiff and added last to the other ingredients.

4. Both omelets and omelet soufflés must be *quickly cooked*. Have the frying-pan hot all over, but not so hot as to colour the butter.

5. For an omelet, *bottom heat only* is needed. Fold it over in two or roll before removing from the pan, and while the top is still a little soft. The bottom part is thus on the outside.

6. Omelet soufflé should be set with *top heat* applied after the bottom is cooked. A salamander or a shovel with hot embers may be held over the top, or the pan may be put in a hot oven for a minute or two. The soufflé may be baked altogether in the oven if liked. Slip a broad knife under across the middle and lift, letting the two sides fall over, and thus the top will be on the outside.

7. Omelets and omelet soufflés must be *dished on a warm dish*, immediately covered with a warm cover and served at once.

8. All meat, fish, etc. (except oysters) should be *cooked* and finely minced before adding to an omelet.

9. The omelet should be *stirred* after it is placed in the pan till it begins to set.

A PLAIN SOUFFLÉ.

1½ cups Milk.
1 oz. Flour.
Flavouring.

2 Eggs.
1 tablespoon Sugar.

Mix the flour smooth with some of the milk. Pour it into a pan containing the rest of the milk, and stir till it boils. Boil for a few minutes till it begins to thicken. Take it off the fire, beat in the sugar and flavouring; and, when cooled, add the beaten yolks, and lastly the whites whipped stiff. Pour into a buttered pie-dish, and *bake 20 minutes* in a hot oven.

CHOCOLATE SOUFFLÉ.

4 Eggs.

3 teaspoons fine Sugar.

1 teaspoon Flour.

3 oz. Chocolate.

Vanilla Flavouring.

Grate the chocolate fine and mix into a paste with a little milk. Add yolks well-beaten, then the sugar, and stir the flour lightly in. Stir for a few minutes. Then add the flavouring, and lastly the whites whipped stiff. Mix lightly and place at once in a round buttered cake tin. *Bake from 15 to 20 minutes.* Serve at once with a white napkin round the tin. Strew the top with sugar, and keep covered till placed on the table.

APRICOT SOUFFLÉ.

$\frac{1}{2}$ cup pulped Apricot.

1 tablespoon Flour.

$1\frac{1}{2}$ oz. Butter.

4 Eggs.

$\frac{1}{2}$ Cup Milk.

1 teaspoon Sugar.

Mix flour and butter and stir in a saucepan till melted. Add the milk, stir and boil up for 2 or 3 minutes. Take it off the fire, cool and add the beaten yolks, and then the apricot pulp put through a sieve. Stir well and lastly add the whites whipped stiff. Butter well a plain tin mould. Line it up on the outside with buttered paper tied round it to allow for rising. Pour in the mixture, cover with buttered paper and place at once to steam for $\frac{3}{4}$ hour. Serve with apricot sauce.

STRAWBERRY SOUFFLE.

1 quart Strawberries.	8 oz. powdered Sugar.
8 Eggs (whites only).	$\frac{1}{2}$ teaspoon Lemon Juico.

Press the berries through a sieve. Add the sugar and beat till frothy. Then add the lemon juice and stiffly-whipped whites. Bake in a slow oven for $\frac{1}{2}$ hour. Sprinkle with lemon sugar.

VANILLA SOUFFLÉ.

3 heaped tablespoons Cornflour.	1 oz. Butter.
1 pint Milk.	1 oz. Sugar.
5 Eggs.	A pinch of Salt.
Vanilla Flavouring.	

Mix as in preceeding recipe and bake or steam.

OMELETS.—PLAIN OMELET (savoury).

2 Eggs.	$\frac{1}{2}$ teacup Milk.
1 oz. Butter.	1 teaspoon chopped Herbs.
1 dessertspoon Flour.	1 teaspoon shredded Onion.
A pinch of Salt.	A few grains of Cayonne.

Mix flour smooth with the milk, beat the eggs well, and add with pepper, salt, and a little butter in pieces. Melt the rest of the butter in a pan (not too large a one), pour in the mixture and stir till set. Fold over in the pan when ready and turn into a warm dish. Cover with warm cover, and serve at once with any savoury gravy sauce.

PLAIN SWEET OMELETS.

2 or 3 Eggs.	1 teaspoon Sugar.
1 oz. Butter.	1 tablespoon rich Milk.
Any Preserve.	

Beat the eggs with the sugar and a little of the butter. Add the milk. Melt the rest of the butter in a pan, and when it bubbles up pour in the mixture and stir a minute

till it begins to set. Brown lightly. Then either roll it up in the pan, having first spread with preserve, or slip it off on to a warm dish, and as it slips quickly turn one half over the other.

Any flavouring, 1 tablespoon minced parsley, minced onion (cooked beforehand), grated cheese, shrimps, oysters (scalded in their liquor, bearded, and cut fine), lean bacon, ham or tongue minced fine and fried in a little butter, may be used for different kinds of omelets with the same egg mixture, omitting the sugar, and adding salt and pepper to taste.

PLAIN OMELET SOUFFLÉ.

2 or 3 Eggs.

$\frac{1}{2}$ saltspoon Salt.

$\frac{1}{4}$ saltspoon Pepper.

$1\frac{1}{2}$ oz. Butter.

If only 2 eggs are used, add 1 tablespoon of rich milk and only 1 oz. butter. Beat the yolks with pepper, salt, and half the butter. Whip the whites stiff. Put the rest of the butter in a pan (not too large a pan or the omelet will be too thin), and when it bubbles, mix the whites with the yolks and pour into the pan. Stir for a minute till it begins to set. When done a light brown underneath, brown the top with a hot shovel or salamander, or place in the oven for a minute or so. Lift with a broad knife, letting the sides fall over so that the top is on the outside.

FISH OMELET.

Beat up any *cooked fish* with a little butter and anchovy sauce, or lemon juice, parsley, and herbs finely minced. Stir over the fire for a few minutes, but do not let it boil. Then proceed as in preceding recipe, mixing the fish with the yolks well before adding the whites.

Cakes.

RULES FOR CAKE-BAKING.

Ingredients.

1. **Flour** must be fresh and dry. Always keep flour in a dry place covered over. It is best *sifted* before using. Some cooks brown the flour for dark fruit cakes in the oven before using.

2. **Fruit, etc.**—*Currants, sultanas and raisins* should be washed in warm water, thoroughly dried and picked over. When quite dry store away in tins, ready for use.

Raisins for fruit cake are improved by pouring hot water over them. Let them soak for a while and then simmer until the skin is tender. Drain and dry, and use soon afterwards.

Figs, etc., should be picked over to see that they are clean and free from decay of any kind. It is best to rub fruit for cakes in as much of the flour as it will take up. This prevents it from sinking.

Almonds are blanched by pouring boiling water over them. Rub the skins off and throw into cold water to keep the colour.

Candied peel must be cut into fine slices and freed from the sugar lumps.

3. **Sugar.**—Fine, dry, white sugar is the best to use for cakes as a rule. *Brown sugar* should be used for dark-coloured cakes and gingerbread.

4. **Butter** must be good and free from any taint. Some prefer to use *half salt and half fresh* butter. Good clarified *dripping* or *lard* may be used for cheaper cakes, or part butter and part dripping. If not very good, dripping is apt to flavour the cake disagreeably. In cold weather the butter may be warmed (but not *oiled*) to make it cream more easily.

5. Eggs must be fresh. If uncertain about them, it is better to break each one separately, for one bad one will spoil the lot. If eggs are scarce, fewer may be used, and *milk* employed to mix the dough to the right consistency; in this case a little more soda and cream of tartar should be used. Of course, if milk is used instead of eggs the cake is not so rich and will not keep so well.

6. Raising Materials, such as *baking powder*, *cream of tartar*, *bicarbonate of soda* (commonly called "soda"), *powdered ammonia* (or volatile), *tartaric acid*, should be kept in *jars* or *bottles* with close-fitting lids, so that they may be kept dry and not lose their strength. Do not keep acids in tinware. The proportion of baking powder to flour varies from 1 to $2\frac{1}{2}$ *teaspoons* to 1 *lb.* of *flour*; much depends on the other raising materials used, eggs, etc. The proportion of cream of tartar and soda is, roughly, 2 *teaspoons* of *cream of tartar* and 1 *teaspoon* of *soda* to 1 *lb.* of *flour*; these two are used in combination.

Tartaric acid and soda are also used in combination; this mixture is much quicker in its action than cream of tartar and soda. The rough proportions are $\frac{1}{2}$ *teaspoon* *tartaric acid* to 1 *teaspoon* of *soda* for 1 *lb.* of *flour*.

Powdered ammonia or volatile is sometimes used to raise cakes or biscuits; the proportion is approximately $\frac{1}{2}$ *oz.* to 1 *lb.* *flour*.

All powders should be sifted before using.

Yeast is also used to raise cakes, but yeast cakes do not keep so long. *Less butter and eggs* are required if yeast is used. Yeast is much slower in action than the above-mentioned chemicals. It must not be subjected to chills, and should be kept in a *warm* place. (See "Breadmaking.")

Sour milk may be combined with soda for raising plain cakes, scones, etc., using less or no cream of tartar at all. When mixing *scones* with *sour milk* use equal

quantities of soda and cream of tartar, 1 teaspoon of each to 1 lb. of flour. Sour milk *does not agree* so well *with eggs* as fresh. If using sour milk to mix ginger bread, use no eggs.

7. **Essences** vary so in their strength that only experience and judgment can be used as to the quantity required for flavouring.

8. A pinch of salt added to the flour improves the flavour of most cakes if the butter is not salt enough.

CAKE TINS.

1. These are of various sizes and designs. They must be kept scrupulously clean, and must always be *prepared before starting* to mix the ingredients.

2. For *fruit cakes* of the richer sort, *line the tin* with buttered paper, allowing the paper to come up beyond the rims in case the cake rises much in the oven.

3. Another way of preparing the tin *for plainer fruit and other cakes* is to grease the tin well and dredge flour over the grease. In this case the cake tin must be large enough to allow for rising.

4. Another method is to rub the tin well with a *preparation of grease and flour*, which may be kept ready. For this melt $\frac{1}{4}$ lb. of butter and $\frac{1}{4}$ lb. of lard and mix in thoroughly 1 *tablespoon of flour*.

Olive oil is also used to grease cake tins, and the cakes are said to turn out well.

5. For some *spongy, light cakes*, some prefer to dust *icing sugar* over the butter instead of flour.

MIXING CAKE INGREDIENTS.

Have all ingredients measured and ready before beginning to mix.

(a) For pound cakes, good fruit cakes, etc. :—

1. Cream the butter and sugar till the sugar is quite dissolved. *Beat the yolks and whites well separately.* Add the yolks beaten to the butter and sugar, then the fruit well floured and the flavouring, then the whites whipped stiff, and lastly the flour with powder, spices, etc., mixed in. Some add the whites last. The above method is the surest for amateur cooks.

2. Another method is *to cream the butter and sugar, add the eggs and flour alternately*, beating well after each egg is broken in.

3. For **plainer cakes, scones, biscuits, etc.**, where there is a smaller proportion of butter and eggs, the *butter (or dripping) is rubbed into the flour.* The *dry ingredients* are *added*, and then the whole is *mixed* to a paste *with the beaten egg and other liquid.* Plain cakes are not made so moist as richer ones, and require rather quicker baking.

(b) For **sponge cakes** :—

1. Beat the eggs and sugar together (sometimes over gentle heat) till light and creamy. Add the flavouring and lap in lightly the sifted flour.

2. Another method is to beat the yolks and sugar till the sugar is dissolved. Then add the whites beaten stiff, the flavouring, and lastly the flour.

3. If butter is used for sponge cakes it may be melted, and when cool, but still liquid, added to the beaten eggs and sugar.

Some prefer to cream the butter and sugar and to proceed as in other cakes.

4. The best “sponges” have a small proportion of flour compared with eggs and sugar. The cheaper sponges have more flour and are moistened partly by milk or water; also baking powder, cream of tartar and soda are used in addition to the eggs for raising.

5. A sponge mixture of egg yolks, milk or water, flour and sugar, is better to stand for some time before baking, like an ordinary batter. The "raising materials," beaten whites and powders, should be added just before putting into the oven.

(e) For gingerbreads :—

1. In mixing cakes in which treacle is used, the *butter* and *treacle* may be *warmed together* ; the sugar is added, then soda dissolved in warmed milk, the beaten eggs (if any), flour and other ingredients.

2. Another method is to mix all dry ingredients, then add treacle and butter warmed, then other liquids.

3. For a *rich gingerbread*, cream the butter and sugar and proceed as in fruit cake.

OVEN HEAT IN CAKE-BAKING.

1. Make up the fire and get the oven well-heated before beginning to mix the cake, so that there may be a steady heat by the time the mixture is ready.

2. Experience is needed to gauge the right heat for different cakes in different kinds of ovens. As a rough test, *try the handle* of the oven door. If too hot to hold long in the hand, it will be right for cakes. If a *sheet of paper* or a *little flour* thrown in burns or browns very quickly it is *too hot*. If in 3 minutes the paper or flour is nicely browned the oven is right ; *if not coloured* the oven is *too cold*. A cake put in too hot an oven becomes hard on the outside so that it cannot rise. If the oven is too cool the cake will be heavy.

3. Large rich cakes require a good steady heat (from 300 degrees to 350 degrees Fahr.) for the first half-hour or so. Then have a more moderate heat to cook thoroughly, gradually reducing to about 240 degrees F., which is a good average oven heat for cakes.

Much depends upon the nature of the oven ; and experience is the only sure guide.

To prevent cakes browning too much on top lay a sheet of heavy paper (well buttered) over the top. *If the bottom heat is too fierce*, place the cake tin on an inverted shallow tin in the oven, or on one of the oven trays not far from the bottom of the oven.

To cool an oven while baking, keep the door shut, put in the damper of the oven flue, and remove one of the rings on the hot plate. A pan of cold water placed above the oven on top of the stove also reduces the temperature. Some place a tin of cold water in the oven itself.

4. *Do not open the oven door* for 7 or 8 minutes at least after a cake is put in. The sudden in-rush of cold air often causes a cake to fall. Open the door as little as possible, and always close it very gently.

5. Gingerbread and *cakes with treacle or honey* are liable to burn easily, and so require a more *moderate heat*.

6. *The time for cooking cakes* depends very much on the size of the cake, the ingredients, etc., so that it can only be given approximately in a recipe. A little experience soon enables one to judge correctly.

To see whether a cake is sufficiently baked, *insert a knife, a wooden skewer, or a knitting needle* through the thickest part. If it comes out clean, with nothing sticking to it, the cake is baked.

7. As a rule, in most ovens *pound cakes* and those of any size are placed *on the bottom of the oven*. *Smaller ones* cook nicely on the *shelf nearest the bottom*. *Sponge sandwich* is usually best placed on the first or second shelf from the bottom. *Small cakes and biscuits* are usually placed about the middle of a good oven.

8. *Fruit cakes* are best left in the tin for a few minutes before turning them out. Turn on to a sieve or cane-

bottomed chair and *cool gradually*. Do not put them at once into a cold pantry. When quite cold, store in a tin with a close-fitting lid.

9. *Sponge sandwich* should be turned out at once on to white paper, laid on several thicknesses of cloth. The paper may be dusted with icing sugar.

10. *Scones, tea cakes, etc.*, should be turned out on to a cloth. They may be folded in the cloth to keep them soft.

Plain Cakes.

CHILDREN'S CAKE.

1 Egg.	6 oz. Sultanas.
6 oz. Lard.	1 teaspoon Soda.
4 oz. moist Sugar.	2 teaspoons Cream of Tartar.
1 cup Milk.	Essence of Lemon to flavour.
2 heaped cups Flour.	

Bake in a rather shallow cake tin in a good oven.

EVERY-DAY SEED CAKE.

1 Egg.	1 teacup Sugar.
3 tablespoons Dripping (or Butter).	2 pieces Candied Peel.
1 heaped cup Flour.	2 teaspoons Caraway Seeds.
A little Milk.	1 teaspoon Baking Powder.
	A pinch of Salt.

Bake about 1 hour in a good oven.

PLAIN FRUIT CAKE.

2 Eggs.	1 cup brown Sugar.
$\frac{1}{2}$ cup Butter.	$\frac{1}{2}$ cup Treacle.
3 cups Flour.	1 cup Raisins.
1 cup Milk (about).	1 cup Currants.
2 teaspoons Baking Powder.	

Bake about $1\frac{1}{2}$ hours in a good oven.

SEED OR FRUIT CAKE.

3 Eggs.	1 cup Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Soda.
2 cups Flour.	2 teaspoons Cream of Tartar.
$\frac{3}{4}$ cup Milk.	Essence of Lemon.

This may be made into 1 *large cake* or 2 *small ones*. For 1 large seed cake add about 3 teaspoons of *caraway seeds*. For 1 large fruit cake add $1\frac{1}{2}$ *cups of fruit and peel*. *Half may be made fruit cake and half seed cake*. Bake large cake about $1\frac{1}{2}$ hours; small ones about $\frac{3}{4}$ hour.

SODA CAKE (no eggs).

3 oz. Butter.	1 teacup Sugar.
$\frac{3}{4}$ lb. Flour.	1 dessertspoon Vinegar.
1 teacup Milk.	$\frac{3}{4}$ teaspoon Soda.
1 teacup Raisins.	$\frac{1}{2}$ teaspoon ground Cloves.
1 teacup Currants and Peel.	$\frac{1}{2}$ teaspoon ground Nutmeg.

Mix to a rather stiff consistency and bake about 1 hour.

BUTTERMILK CAKE (no eggs).

$\frac{1}{4}$ lb. Butter or Dripping.	1 cup brown Sugar.
2 cups Flour.	1 heaped teaspoon Soda.
1 cup Fruit and Peel.	$\frac{1}{4}$ packet mixed Spice.
1 cup Buttermilk.	$\frac{1}{2}$ teaspoon Cinnamon.
A pinch of Salt.	$\frac{1}{2}$ teaspoon Nutmeg.

A PLAIN CAKE (no eggs).

$\frac{1}{2}$ lb. beef Dripping (well clarified).	2 teaspoons Baking Powder.
$\frac{1}{2}$ lb. Sugar.	A pinch of Salt.
$1\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ lb. Currants.
Milk or Buttermilk to mix.	1 teaspoon each of Ginger and Cinnamon.

Mix well, work into a light dough with the milk, and bake in a good oven. If baked in one cake will take from $1\frac{1}{2}$ to 2 hours.

SPICE DRIPPING CAKE.

1 or 2 Eggs.	1 teaspoon Baking Powder.
6 oz. beef Dripping.	$\frac{1}{2}$ teaspoon ground Ginger.
4 oz. Sugar.	1 teaspoon mixed Spice.
1 lb. Flour.	A pinch of Salt.

Use milk to mix to a nice light dough. Bake $1\frac{1}{2}$ hours.

AMERICAN CLOVE CAKE.

2 Eggs.	2 cups Raisins.
$\frac{1}{2}$ cup Butter.	1 teaspoon Baking Soda.
$\frac{1}{2}$ cup Molasses.	$\frac{1}{2}$ teaspoon Clove Essence.
$\frac{1}{2}$ cup Milk.	$\frac{1}{2}$ teaspoon Cinnamon.
2 cups Flour.	$\frac{1}{2}$ teaspoon Nutmeg.

Mix and bake in a moderate oven.

SULTANA CAKE.

3 Eggs.	1 heaped tablespoon Baking Powder.
5 oz. Butter.	A pinch of Salt.
5 oz. Castor Sugar.	$\frac{1}{2}$ lb. Sultanas.
$\frac{3}{4}$ lb. Flour.	2 oz. chopped Peel.
1 tablespoon Milk.	Essence of Lemon.

Bake in a steady oven. Cover with almond paste and ice if wanted particularly good.

SCHOOLROOM CAKE.

3 Eggs.	1 small teaspoon Baking Soda.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{4}$ lb. Sultanas.
$\frac{1}{4}$ lb. Sugar.	2 teaspoons Cinnamon.
1 lb. Flour.	1 cup Milk.

Bake in shallow tins in a moderate oven. Should be about $2\frac{1}{2}$ inches thick when done.

ONE EGG CAKE.

1 Egg.	1 cup Maizena.
$\frac{1}{2}$ cup Butter (scant).	1 cup Milk.
1 cup Sugar.	2 level teaspoons Baking Powder.
1 cup Flour.	Essence of Lemon.

COFFEE CAKE (no eggs).

$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ cup hot Water.
$\frac{1}{2}$ cup Sugar.	1 cup Fruit.
$\frac{1}{2}$ cup Treacle.	1 teaspoon Soda.
2 cups Flour.	1 dessertspoonful of mixed
$\frac{1}{2}$ cup Coffee Essence.	Spice.

If the coffee essence is sweet use a little less sugar.
Use a little more or less flour to mix.

COFFEE CAKE.

1 Egg.	$1\frac{1}{2}$ cups Sugar.
$\frac{1}{2}$ lb. Butter.	1 cup Raisins.
3 cups Flour.	2 teaspoons Cream of Tartar.
1 cup strong Coffee.	1 teaspoon So a.
1 teaspoon Cinnamon.	1 teaspoon gr .ted Nutmeg.
1 teaspoon Cloves (powdered).	

Cream butter and sugar, beat in eggs, add fruit and spices, then coffee slightly warmed with soda dissolved in it, then flour and cream of tartar. Bake in a good oven.

BROWN SODA CAKE.

2 Eggs.	1 cup Sugar.
$\frac{1}{4}$ lb. Butter.	2 teaspoons Cinnamon.
2 cups Flour.	2 teaspoons Soda.
1 cup Milk.	A pinch of Salt.
$1\frac{1}{4}$ cups Peel and Sultanas.	

CHRISTMAS BROWN CAKE.

2 Eggs.	$\frac{1}{4}$ lb. brown Sugar.
$\frac{1}{4}$ lb. Butter.	1 teacup Treacle.
1 lb. Flour.	1 teacup Cream.
1 teaspoon ground Ginger.	1 teacup Sultanas.
1 teaspoon ground Cinnamon.	1 teacup Raisins.
1 teaspoon Mixed Spice.	1 teaspoon Soda.

LARGE CURRANT CAKE.

5 Eggs.	1 lb. Sugar.
$\frac{1}{2}$ lb. Butter.	1 lb. Currants.
$1\frac{1}{2}$ lbs. Flour.	2 heaped teaspoons Baking
Milk to mix.	Powder.
	Essence of Lemon.

Use milk to mix to a moderately stiff paste. Divide into *two cakes* if preferred.

FIG CAKE.

1 Egg.	1 teacup Sugar.
1 oz. Butter.	$\frac{1}{2}$ teaspoon Soda.
1 heaped cup Flour.	1 teaspoon Cream of Tartar.
8 Figs.	1 teacup Milk (about).

Melt butter, beat in sugar and the egg, then the milk, flour and fruit. Bake about $\frac{1}{2}$ hour in a shallow tin.

PLAIN CINNAMON CAKE (no eggs).

1 teacup golden Syrup.	2 dessertspoons ground Cin-
1 teacup Sugar.	namon.
2 cups Flour.	1 heaped teaspoon baking
1 cup Wheatmeal.	Soda.
1 cup Milk.	

Bake in shallow cake tins.

A GOOD SMALL CAKE.

2 Eggs.	2 saltspoons Cream of Tartar.
$\frac{2}{3}$ cup Sugar.	3 dessertspoons Currants and
$\frac{1}{4}$ lb. Butter.	Raisins.
1 cup Flour.	Essence of Lemon.
1 saltspoon Soda.	

Mix and bake in a shallow square tin. When cooked turn over and ice the bottom.

RIBBON CAKE.

3 Eggs.	1 cup Milk.
$\frac{1}{2}$ cup Butter.	1 teaspoon Cream of Tartar.
2 cups Sugar.	$\frac{1}{2}$ teaspoon Baking Soda.
3 cups Flour.	

Mix as usual. Then take one-third of the mixture and add to it $\frac{1}{2}$ cup flour, 1 egg, 1 tablespoon butter, 1 cup raisins, 1 cup currants, $\frac{1}{2}$ nutmeg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon mace and spice, to taste. Put the dark part in the middle and bake in jelly-cake tins. If desired soft, frosting or jelly may be used between the layers.

Richer Fruit, Seed and other Cakes.

FRUIT CAKE.

3 Eggs.	$\frac{1}{2}$ teaspoon ground Cinnamon.
$\frac{1}{4}$ lb. Butter.	1 level teacup Sugar.
1 heaped breakfastcup Flour.	1 level teacup Sultanas.
1 tablespoon Treacle.	1 level teacup Currants.
1 heaped teaspoon Baking Powder.	1 level teacup Raisins.
1 heaped teaspoon mixed Spice.	2 pieces of Peel.
	Essence of Lemon.
	A little Milk.

CHRISTMAS CAKE.

10 Eggs.	2 cups brown Sugar.
1 lb. Butter.	1 cup Sultanas.
$2\frac{1}{2}$ cups Flour.	1 cup mixed Peel.
2 cups Currants.	$\frac{1}{2}$ cup chopped Almonds.
1 cup Raisins.	1 wineglass Brandy.

BRIDE CAKE.

12 Eggs.	2 lbs. Raisins.
$1\frac{1}{4}$ lbs. Butter.	$1\frac{1}{2}$ lbs. Currants.
$1\frac{1}{4}$ lbs. Flour.	1 lb. Almonds.
2 pieces Citron.	1 packet mixed Spice.
1 wineglass Brandy.	$\frac{1}{2}$ teaspoon ground Mace.
1 wineglass Sherry.	$\frac{1}{2}$ teaspoon ground Cloves.
1 wineglass Rosewater.	1 teaspoon Cinnamon.
$2\frac{1}{2}$ teaspoons Baking Powder.	2 teaspoons Essence of Lemon.
$1\frac{1}{4}$ lbs. brown Sugar.	

Prepare the fruit and peel, and rub in as much flour as it will take. Blanch, and pound the almonds with the rosewater. Cream the butter and sugar, add the beaten yolks, then the fruit, flavouring, whites of eggs whipped stiff, and lastly lap in lightly the remaining flour. Bake in a moderate oven from $2\frac{1}{2}$ to 3 hours. If preferred, it may be divided and baked in two tins. For icing, see under "Cake Decorations."

GRANDMOTHER'S ENGLISH PLUM CAKE.

4 Eggs.	1 teaspoon Allspice.
1 lb. Sugar.	$\frac{1}{2}$ teaspoon Cloves.
1 lb. Butter.	$\frac{1}{2}$ teaspoons Cinnamon.
1 cup Molasses.	1 Nutmeg, grated.
3 cups Flour.	$\frac{1}{2}$ Citron cut thin.
1 cup strong black Coffee.	$\frac{1}{2}$ lbs. Raisins.
1 teaspoon Soda.	1 lb. Currants.
2 tablespoons warm Water.	

Cream butter and sugar. Dissolve the soda in the water. Warm the coffee and molasses, and mix them together and add to the butter and sugar. Then add dissolved soda and dry ingredients, flouring the fruit with $\frac{1}{2}$ cup pastry flour. Bake in medium-sized cake tins for $2\frac{1}{2}$ hours.

MIXED FRUIT CAKE.

9 Eggs.	$\frac{1}{2}$ lb. preserved Ginger.
1 lb. Butter.	$\frac{1}{2}$ lb. Dates.
1 lb. Sugar.	$\frac{1}{2}$ lb. Figs.
$1\frac{1}{2}$ lbs. Flour.	$\frac{1}{2}$ lb. Almonds.
$\frac{1}{4}$ lb. Citron.	

Mince all the fruit except the almonds, which may be blanched and halved. Mix as usual. Bake about 2 hours.

POUND CAKE.

8 Eggs.	1 lb. Sugar.
1 lb. Butter.	1 teaspoon Powder.
1 lb. Flour.	Essence of Lemon.
2 lbs. Fruit and Peel.	A pinch of Salt.

ALMOND AND FIG CAKE.

Make like "Pound Cake," using $\frac{1}{2}$ lb. almonds and $\frac{1}{2}$ lb. figs instead of mixed fruit; and almond essence instead of lemon essence.

RICH POUND CAKE.

6 Eggs.	1 lb. Sultanas.
$\frac{3}{4}$ lb. Butter.	$\frac{1}{2}$ lb. mixed Peel.
$\frac{3}{4}$ lb. Castor Sugar.	2 oz. Angelica.
1 lb. Flour.	1 large Orange (grated rind).
1 lb. Currants.	$\frac{1}{4}$ lb. Almonds.
1 tablespoon Orange juice.	$\frac{1}{4}$ teaspoon Carbonate Soda.

Bake about 3 hours in a moderate oven.

RICH FRUIT CAKE.

5 Eggs.	1 teacup Sugar.
$\frac{1}{2}$ lb. Butter.	1 teacup Currants.
2 scant breakfastcups Flour.	1 teacup Raisins.
1 dessertspoon mixed Spice.	1 teacup Sultanas.
1 tablespoon golden Syrup.	1 teacup Peel.
1 level teaspoon Soda.	A pinch of Salt.
1 heaped teaspoon Baking Powder.	Essence of Lemon.

Mix with a little milk, if required, to make of a nice consistency. Bake in a moderate oven about $1\frac{1}{2}$ hours.

PEEL CAKE.

4 Eggs.	1 teacup Sugar.
1 teacup Butter.	1 teaspoon Baking Powder.
1 breakfastcup Flour.	Essence of Lemon.
$\frac{1}{2}$ teacup Candied Peel.	

Bake in a shallow cake tin, and ice.

MADEIRA CAKE (No. 1).

4 Eggs.	6 oz. Sugar.
$\frac{1}{4}$ lb. Butter.	1 Lemon (grated rind).
10 oz. Flour.	2 teaspoons Lemon Juice.
1 teaspoon Baking Powder.	Candied Peel.
$\frac{1}{2}$ teacup Milk (about).	

Brush over the top with white of egg and sugar syrup. Put two pieces of peel on top. Moderate oven.



Serviettes.

MADEIRA CAKE (No. 2).

3 Eggs.	$\frac{3}{4}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	1 teaspoon Cream of Tartar.
$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoon Soda.
$\frac{1}{2}$ lb. Cornflour.	$\frac{1}{4}$ cup Milk.

Finish as in previous recipe. *Cocoanut* (ground) may be added to the cake and also strewn over the top. It may be made richer by *using more eggs* instead of milk.

GOOD SEED CAKE.

6 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	1 tablespoon Caraway Seeds.
1 lb. Flour.	1 teaspoon Cream of Tartar.
Essence of Lemon.	$\frac{1}{2}$ teaspoon baking Soda.
A pinch of Salt.	

ANOTHER SEED CAKE.

3 Eggs.	$\frac{1}{2}$ teacup Caraway Seeds.
$\frac{1}{2}$ lb. Butter.	1 teaspoon Baking Powder.
1 $\frac{1}{2}$ teacups Sugar.	3 teacups Flour.

PERFECTION CAKE.

4 Eggs.	$\frac{1}{2}$ lb. Flour.
6 oz. Butter.	A little Lemon peel.
6 oz. Sugar.	Essence of Lemon.

DUNDEE CAKE.

3 Eggs.	1 lb. Currants.
6 oz. Butter.	2 oz. Citron Peel.
$\frac{3}{4}$ lb. Brown Sugar.	1 teaspsoon Baking Powder.
$\frac{1}{2}$ lb. Flour.	A little Milk.
$\frac{1}{2}$ lb. ground Rice.	

SNOW CAKE.

6 Eggs.	$\frac{1}{2}$ lb. Arrowroot.
$\frac{1}{2}$ lb. Butter.	2 oz. blanched Almonds.
$\frac{1}{2}$ lb. Sugar.	Almond Essence.
$\frac{1}{2}$ lb. Flour.	

Sprinkle the whole almonds over the top of the cake before baking.

RICE CAKE.

2 Eggs.	2 oz. Candied Peel.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Flour.	1 teaspoon Baking Powder.
$\frac{1}{4}$ lb. ground Rice.	$\frac{1}{2}$ teacup Milk.
$\frac{1}{4}$ lb. Sultanas.	Essence of Lemon.

SILVER CAKE.

4 Eggs (whites only).	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Baking Powder.
$\frac{3}{4}$ cup Flour.	Essence of Lemon.
$\frac{3}{4}$ cup Maizena.	A little Milk.

GOLD CAKE.

Make like "Silver Cake," using *the yolks* of the eggs instead of the whites. Flavour with the grated rind and juice of an *orange* or a *lemon*.

CHERRY CAKE.

3 Eggs.	2 teacups Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Soda.
3 teacups Flour.	2 teaspoons Cream of Tartar.
1 teacup Milk.	Essence of Lemon or Cherry
1 teacup preserved Cherries.	Essence.
1 teacup Sultanas.	

CREAM CAKE.

1 Egg.	1 teaspoon Baking Powder.
3 oz. Butter.	Grated rind of Lemon or
1 teacup whipped Cream.	Orange.
$\frac{1}{2}$ lb. Flour.	1 tablespoon Fruit Juice.
3 tablespoons Sugar.	

Bake in a shallow cake tin.

GENOA CAKE.

3 Eggs.	10 oz. Currants.
$\frac{1}{2}$ lb. Butter.	1 teaspoon Baking Powder.
$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ teaspoon ground Cinnamon
1 lb. Flour.	or Spice.
2 oz. mixed Peel.	Essence to taste.
10 oz. Sultanas.	

TENNIS CAKE.

4 Eggs.	1 Lemon rind grated.
$\frac{1}{2}$ lb. Butter.	One-third teaspoon Baking Powder.
6 oz. Castor Sugar.	2 oz. dried Cherries.
6 oz. Flour.	1 oz. Angelica.
1 oz. Citron Peel.	

Decorate with a plain lemon-flavoured icing over an almond icing. Divide the top surface into two with the icing tube. On one half make a net; on the other half make tennis rackets and balls. Decorate the edge with roses. Colour the icing pink, etc., to taste.

TRICOLOUR CAKE.

4 Eggs (whites only).	2 teacups Sugar.
1 teacup Butter.	1 heaped teaspoon Powder.
5 teacups Flour.	Flavouring.
1 teacup Milk.	

Divide mixture into three parts. Leave *one* white; colour the *second* pink with carmine or cochineal; colour the *third* either brown (with chocolate, cocoa, or spice) or green (with the juice from spinach leaves, bruised and squeezed through muslin). Pour some of each in turn into a buttered cake tin; give one stir and bake.

This cake may also be baked in *patty tins*.

ALMOND SIMNEL CAKE.

5 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ teaspoon Nutmeg and Mace.
10 oz. Flour.	$\frac{3}{4}$ lb. Currants.
$\frac{1}{4}$ lb. Lemon Peel.	

For Almond Paste :—

6 oz. ground Almonds.	$\frac{1}{2}$ lb. castor Sugar.
2 Eggs.	Almond or Vanilla Essence.

Mix to a paste to roll out.

Put a layer of *almond paste* in a cake tin, lined with well-buttered paper. Then put in half of the cake mixture, then another layer of the almond paste, then

the rest of the cake mixture on top. Bake in a moderate oven. *Ice* the top with more almond paste, made as before, but using only the whites of the eggs. Ornament to taste with white icing, etc.

GINGER CAKE.

3 Eggs.	2 teaspoons ground Ginger.
2 oz. Butter.	$\frac{1}{4}$ lb. preserved Ginger (cut small).
2 breakfastcups Flour.	$\frac{1}{2}$ teaspoon Soda.
1 teacup Milk.	1 teaspoon Cream of Tartar.
$\frac{1}{2}$ teaspoon Cinnamon.	
1 teacup Sugar.	

The *proportions of cinnamon and ginger* may be altered to suit the taste.

COCOANUT CAKE.

5 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ lb. Cocoanut (desiccated).
1 lb. Flour.	1 teaspoon Powder.

Or, use the same ingredients with 7 eggs, *leaving out all the yolks.*

WALNUT CAKE.

4 Eggs.	1 cup Sugar.
1 cup Butter.	$1\frac{1}{2}$ teaspoons Baking Powder.
1 cup Flour.	1 teaspoon Vanilla Essence.
1 cup chopped Walnuts.	

Bake in a rather shallow buttered cake tin. *Half walnuts and half almonds* may be used. It may be flavoured and coloured with a tablespoon of *grated chocolate*, dissolved in a very little milk. Ice and decorate with almonds.

ALMOND CAKE.

Make like *walnut cake*, using almonds and almond essence for flavouring.

BROWN WALNUT CAKE.

2 Eggs.	1 teacup brown Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{3}{4}$ teacup Treacle.
1 heaped cup Flour.	1 teaspoon Soda.
1 dessertspoon ground Ginger.	$\frac{1}{2}$ teaspoon mixed Spice.
$\frac{1}{4}$ lb. chopped Walnuts and Preserved Ginger.	Milk to mix.

Bake in a moderate oven about $\frac{3}{4}$ hour.

CHOCOLATE CAKE (No. 1).

2 Eggs.	$\frac{1}{2}$ lb. grated Chocolate (un- sweetened).
$\frac{1}{2}$ lb. Butter.	Small $\frac{1}{2}$ teacup Baking Powder.
$2\frac{1}{2}$ oz. Flour.	
$\frac{1}{4}$ lb. Sugar.	

Place the chocolate in the oven to melt. Cream butter and sugar, add chocolate and beaten eggs. Stir in the flour and baking powder. Bake in a shallow cake tin or in patty pans. A few chopped almonds and vanilla essence may be added.

CHOCOLATE CAKE (No. 2).

3 Eggs.	1 teacup Sugar.
1 teacup Butter.	1 teacup cut Peel.
1 teacup Cream.	2 oz. Chocolate (grated).
1 breakfastcup Flour.	1 Lemon (grated rind and juice).
1 teaspoon Baking Powder.	

Cream butter and sugar, add cream and beaten eggs. Stir in the chocolate dissolved in a very little milk, then the grated rind and juice of the lemon, the peel finely cut, and lastly the flour and powder. Mix and bake in a tin lined with well-buttered paper.

SCOTCH BUN.

$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ teaspoon Pepper.
1 cup Flour.	1 teaspoon Ginger.
1 level teaspoon Cream of Tartar.	2 teaspoons Cinnamon.
$\frac{1}{2}$ teaspoon Baking Soda.	2 teaspoons mixed Spice.
$\frac{1}{2}$ cup Milk (about).	$\frac{1}{2}$ teaspoon Nutmeg.
2 cups Currants.	2 oz. candied Peel.
2 cups Sultanas.	2 oz. Almonds.
2 cups Raisins.	Plain short Pastry.

Mix thoroughly with the milk till just nicely moistened. If wanted very rich it may be moistened with butter and eggs (about 2 oz. butter and 2 eggs to the above quantities, using less soda and cream of tartar). Line the bottom and sides of a greased cake tin with a plain pastry, leaving a round of pastry for the top. Spread the mixture evenly on the pastry; put on the lid of pastry, pinch the edges together. Prick over with a fork, brush with a little beaten egg, and bake slowly for 3 hours. Improves with keeping.

Sponge Cakes and Sandwiches.

(Without Butter.)

SPONGE CAKE (No. 1).

4 Eggs.	1 cup Sugar.
1 ¹ / ₂ cup Flour.	$\frac{1}{2}$ teaspoon Baking Powder.
Essence.	

Bake in a round buttered tin. Sprinkle with fine sugar before putting in the oven.

SPONGE CAKE (No. 2).

3 Eggs.	6 oz. Sugar.
10 oz. Flour.	1 teaspoon Powder.
2 tablespoons cold Water.	Essence of Lemon.

LIGHT SPONGE FOR SANDWICH, Etc.

4 Eggs.	1 cup Sugar.
1 cup Flour.	1 teaspoon Cream of Tartar.
Essence to Flavour.	$\frac{1}{2}$ teaspoon Soda.

Bake in round buttered tins. Sprinkle the top with icing sugar before putting in the oven. Put a nice filling between.

CHEAP SPONGE FOR SANDWICHES, Etc.

2 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Flour.	1 level teaspoon Cream of
3 tablespoons boiling Water.	Tartar.
Flavouring Essence.	$\frac{1}{2}$ small teaspoon Soda.

SPONGE ROLL.

3 Eggs.	4 oz. Sugar.
6 oz. Flour.	1 teaspoon Cream of Tartar.
$\frac{1}{2}$ teacup boiling Water.	$\frac{1}{2}$ teaspoon Soda.

Mix as usual, adding boiling water last. Spread with jam and roll while hot.

One teaspoon of powder may be used instead of the cream of tartar and soda.

SWISS ROLL.

2 Eggs.	4 oz. Sugar.
3 oz. Flour.	1 teaspoon Baking Powder.

Bake in a thin layer on a square greased tin. Spread with jam while warm and roll up. Dust with icing sugar when cold. Should be turned out on to white paper dusted with icing sugar, and placed above a folded cloth.

AUNTIE'S SPONGE SANDWICH.

5 Eggs.	Weight of 5 Eggs in Sugar.
Weight of 3 Eggs in Flour.	$\frac{1}{2}$ wineglass cold Water.
$\frac{1}{2}$ teaspoon Baking Powder.	

In mixing add the water last. Beat whites and yolks separately. Beat the sugar with the yolks. Instead of the cold water the *juice of lemon* may be used ; the grated rind may be added to the flour.

Sponge, Sandwich and Fancy Layer Cakes, etc.

(With Butter.)

SPONGE CAKE (No. 1).

4 Eggs.	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 level teaspoon Cream of
1 heaped cup Flour.	Tartar.
Essence to flavour.	$\frac{1}{2}$ small teaspoon Soda.

Cream butter and sugar, add essence. Beat yolks and whites separately and add. Mix soda and cream of tartar with the flour. Sift in gradually till well mixed. Place in a tin well buttered and sprinkled with icing sugar. Sprinkle icing sugar over the top before putting in the oven. Moderate oven.

SPONGE CAKE (No. 2).

5 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	Essence to flavour.
$\frac{1}{2}$ lb. Flour.	

JELLY CAKE SPONGE.

4 Eggs.	1 cup Sugar.
1 cup Butter.	1 teaspoon Cream of Tartar.
2 cups Flour.	$\frac{1}{2}$ teaspoon Baking Powder.

FANCY SPONGE ROLL.

3 Eggs.	6 oz. Flour.
6 oz. Butter.	$\frac{1}{2}$ teaspoon Powder (scant).
6 oz. Sugar.	Cochineal.

Mix and colour pink with cochineal. Bake in an oblong sandwich tin. Do not have it too thick. Turn out on to paper dusted with icing sugar and cover with a good filling. Roll while hot. Ice with white, yellow or chocolate icing flavoured to taste. Decorate with icing tubes, using cut preserved cherries and

angelica also. A few cherries may be chopped and baked in the sponge if liked.

The tin for sponge rolls should be about 18 inches by 10 to 12 inches, and from 1 to 1½ inches deep.

CHEAP SANDWICH CAKE.

1 egg, its weight in flour, ground rice, eastor sugar and butter, 1 teaspoon baking powder, flavouring. Put a filling between and dust with icing sugar.

SPONGE LILIES.

2 Eggs.
¼ lb. Sugar.

¼ lb. Flour.
½ teaspoon Baking Powder.

Drop from a dessertspoon on to a buttered tin. Leave room for spreading. Roll up each round into a lily shape and fill the broad end with whipped cream. Put a bright yellow long-shaped sweet in for the spike, and make the stalk of angelica.

BROWN SPONGE ROLL.

2 Eggs.
2 oz. Sifted Sugar.
2 oz. Butter.
Vanilla Flavouring.

¼ lb. self-raising Flour.
1 tablespoon Milk.
Chocolate or Cocoa.

Heat the milk and dissolve a little chocolate or cocoa in it. Add to creamed butter and sugar, then beaten eggs and flour. Bake, roll while hot; ice with pink icing and decorate.

SANDWICH CAKE.

2 Eggs.
2 tablespoons Butter.
3 heaped tablespoons Flour.
1 heaped tablespoon Cornflour.

1 teacup Sugar.
1 teaspoon Baking Powder.
1 tablespoon Water.

Bake in a shallow cake tin. When cold, cut in halves and put some nice filling between. If liked it may be iced as well.

BANANA CAKE.

Make any sponge (the one preceeding will do). When ready to serve, put sliced bananas soaked in orange juice and sprinkled with sugar between the two layers of cake.

ORANGE CAKE.

- | | |
|----------------------------------|------------------------------|
| 2 Eggs. | 4 level tablespoons Sugar. |
| 3 level tablespoons Butter. | 1 teaspoon Cream of Tartar. |
| 1 level breakfastcup Flour. | $\frac{1}{2}$ teaspoon Soda. |
| $1\frac{1}{2}$ tablespoons Milk. | 1 Orange. |

Grate the orange rind (yellow part only) and take 1 large tablespoon of it and $1\frac{1}{2}$ tablespoons of the strained juice. Add this to the sponge mixture, and bake in two well-buttered sandwich tins, or 3 large tin plates of the same size. Bake in a quick oven. When cool, put an orange filling between (see below).

ORANGE FILLING.

- | | |
|-------------------------|--------------------------|
| 1 Lemon. | $\frac{1}{4}$ lb. Sugar. |
| 2 Oranges. | 1 teacup Water. |
| 1 tablespoon Cornflour. | |

Grate the rind of the oranges and lemon. Strain the juice, of which there should be about a teacup altogether. Add this to the water and sugar and boil up. Mix the cornflour smooth with a little water and stir it in. Boil for a few minutes. Pour out in a thin even layer on a large plate, and when cool place between the layers of cake. The top and sides may be iced or sprinkled with powdered sugar.

PASSION FRUIT CAKE.

- | | |
|---------------------------|---------------------------|
| 2 Eggs. | $\frac{1}{4}$ lb. Sugar. |
| $\frac{1}{4}$ lb. Butter. | 1 teaspoon Baking Powder. |
| $\frac{1}{2}$ lb. Flour. | 12 Passion Fruit. |

Open the fruit, rub the pulp through a sieve with a little sugar. Cream the butter and sugar; add the eggs beaten well (whites and yolks separately); then the fruit; then the powder and flour mixed. Bake

in two well-buttered sandwich tins. When cold spread the following filling between :—

PASSION FRUIT FILLING.

1 Egg (white only). $\frac{3}{4}$ lb. Icing Sugar.
Juice of 2 or 3 Passion Fruit.

Beat the white stiff ; add the icing sugar (rolled and sifted) and the fruit juice.

The top of the cake also may be iced and decorated to taste.

The *cake mixture* can also be baked in patty pans.

FANCY FRUIT CAKE.

4 Eggs. $\frac{1}{2}$ lb. Sugar.
 $\frac{1}{2}$ lb. Butter. $1\frac{3}{4}$ teaspoons Powder.
 $2\frac{1}{2}$ cups Flour. Figs.
Milk to mix. Spices and Flavourings.

Light Part.—Take half of the butter and sugar, cream it, add 3 tablespoons of milk and the whites of 4 eggs beaten stiff. Add a little essence of lemon. Then sift in $1\frac{1}{2}$ cups of flour with 1 heaped teaspoon powder. Halve this mixture, leave *one part light* and *colour the other pink* with cochineal. Bake in two round buttered sandwich tins.

Dark Part.—Take the other half of butter and sugar creamed, add 4 beaten yolks, about 2 tablespoons of milk, vanilla essence, 1 cup of flour, and $\frac{3}{4}$ teaspoon of powder. *Colour dark with spices* (or cocoa or chocolate melted in the milk). Put half of this mixture on a round buttered tin of the same size as the others, lay on lightly a layer of split and floured figs, pour over the rest of the mixture and bake from 20 to 30 minutes.

Put the *pink layer at the bottom*, spread thinly with lemon icing ; then place the *dark layer on top* ; again spread with lemon icing and put the *white layer* on top of that. Cut the top level, if not already so, and spread icing over the top and sides. *Decorate* with halved walnuts and desiccated cocoanut sprinkled between.

PINK AND WHITE LAYER CAKE.

3 Eggs (whites only).
 $\frac{1}{2}$ cup Butter.
 $\frac{1}{2}$ cup Cornflour.
 1 cup Flour.
 $\frac{1}{2}$ cup Milk.

1 cup Sugar.
 1 teaspoon Baking Powder.
 1 teaspoon red Fruit Juice.
 Cochineal.
 Flavouring Essence.

Cream the butter and sugar ; add the milk. Stir in gradually the flour, cornflour and powder mixed. Add flavouring and whites whipped stiff. *Bake half* in two small sandwich tins well-buttered. *Colour the other half pink* with the fruit juice and cochineal, and bake. Put any nice filling (see "Fillings for Cakes") between pink and white layers, alternately, and ice the top layer. Decorate with pink icing.

TRICOLOUR LAYER CAKE.

2 Eggs.
 $\frac{1}{4}$ lb. Butter.
 $1\frac{1}{4}$ lbs. Flour.
 1 cup Milk (about).

$\frac{1}{2}$ lb. Sugar.
 2 level teaspoons Powder.
 Flavouring Essence.

Mix and divide into *three parts*. Flavour one part with essence of lemon and *leave it white*. Colour the *second part pink* with cochineal and flavour with strawberry essence. Colour the *third part brown* with spices. Bake in 3 round shallow tins of the same size, and fasten together with nicely-flavoured icing when cold. Ice and decorate the top.

CHOCOLATE LAYER CAKE.

4 Eggs.
 $\frac{1}{2}$ cup Butter.
 $1\frac{1}{2}$ cups Sugar.
 2 cups Flour.
 $\frac{1}{2}$ teacup Sour Milk.

$\frac{1}{2}$ cup warm Water.
 2 oz. Chocolate.
 1 teaspoon Baking Soda.
 Vanilla Icing.

Cream butter and sugar, add beaten yolks of 4 eggs, the warm water in which the chocolate has been dissolved, the flour with $\frac{1}{2}$ teaspoon soda, then the sour milk with the other $\frac{1}{2}$ teaspoon of soda dissolved in it, then the

stiffly-beaten whites of 2 eggs. Bake in layers and put together with vanilla icing. Decorate to taste.

BROWN AND WHITE LAYER CAKE.

3 Eggs (yolks only).	$\frac{1}{2}$ lb. Sugar.
1 oz. Butter.	2 teaspoons Powder.
14 oz. Flour.	Flavouring.
$\frac{1}{2}$ pint Milk.	

Mix and *divide into two*. Flavour the *light part* with essence of lemon. Into the *other half* put *spices, cocoa or chocolate* mixed in a little of the milk (hot), and flavour with vanilla. Bake in sandwich tins. Make an icing with icing sugar and the white of one or two eggs according to the quantity required. Spread layers of icing thickly sprinkled with cocoanut (grated) between the layers of cake. Ice the top and sprinkle lightly with cocoanut, and decorate with halves of chocolate creams. Put in a cool oven to set.

BROWN SANDWICH CAKE.

3 Eggs.	1 level teacup brown Sugar.
$\frac{1}{4}$ lb. Butter.	1 small teacup Treacle.
1 scant breakfastcup Flour.	1 teaspoon mixed Spice.
1 tablespoon ground Rice.	1 teaspoon ground Ginger.
Vanilla Essence.	$\frac{1}{2}$ teaspoon Baking Powder.

Bake in sandwich tins. Put nicely-flavoured white icing between and brown icing on top (coloured with chocolate). Decorate with blanched almonds or halved walnuts.

DEVIL CAKE.

Custard Part.—1 cup grated chocolate, $\frac{1}{2}$ cup sweet milk, 1 cup brown sugar, 1 egg yolk, 1 teaspoon vanilla. Stir all together over the fire and cook slowly. Then set away to cool.

Cake Part.—1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 cups flour, $\frac{1}{2}$ cup milk, 2 eggs. Cream butter and sugar and yolks of eggs. Then add milk, sifted flour, and whites

whipped stiff. Beat all together and then stir in the custard. Lastly add 1 teaspoon soda dissolved in warm water. This makes a large loaf and keeps indefinitely. It may also be baked like layer cakes in jelly tins. Make a week at least before it is needed.

ANGEL CAKE.

1½ cups Sugar.	½ cup Cornflour.
$\frac{2}{3}$ cup Butter.	1 cup sweet Milk.
5 Eggs (whites only).	2½ cups Flour.
2 teaspoons Baking Powder.	1 teaspoon Vanilla.

Wet the cornflour with a little of the milk before adding. *Bake in layers* and put filling between.

DATE CAKE.

4 Eggs (yolks only).	1 cup Milk.
$\frac{1}{2}$ cup Butter.	1 teaspoon Baking Powder.
1½ cups Sugar.	1 teaspoon Almond Essence.
2 cups Flour.	$\frac{1}{2}$ lb. Dates, chopped fine.

Bake in thin sheets, ice thickly and cover each sheet with stoned dates. Serve cut in tiny squares.

NAPOLEON CAKES.

4 Eggs.	4 level tablespoons Sugar.
4 heaped tablespoons Flour.	3 tablespoons chopped Almonds.
Puff Pastry.	
Flavouring and Icing.	

Make a sponge of the eggs, sugar, flour and flavouring to taste. Place in a large square sandwich tin, and bake. Do not make the sponge layer too thick. Any good sponge cake mixture will do instead of the above. Roll out very thin *two pieces of puff* pastry the same size as the sponge; prick it over to prevent bubbles and bake in a quick oven without letting it colour brown. *Make an icing* flavoured to taste. Now place one piece of the pastry on a thick sheet of white paper, place the sponge on it (top side up). (Some people put a filling between, but the writer prefers it without.) Now

spread a layer of apricot or raspberry jam on the top of the sponge. Lay over it the other piece of pastry. Spread this with icing and sprinkle with almonds blanched and chopped. Stand in a cool oven to dry. Cut when cold into squares or oblongs, with a sharp knife.

Gingerbread & Shortbread.

SCOTCH SHORTBREAD.

2 Eggs.	$\frac{1}{2}$ lb. sifted Sugar.
1 lb. Butter.	$1\frac{1}{2}$ teaspoons Baking Powder.
$\frac{1}{2}$ lb. ground Rice.	A pinch of Salt.
$1\frac{1}{2}$ lbs. Flour.	

Have the butter half salt and half fresh if possible. Cream butter and sugar, add the beaten eggs, then work in the flour, rice, and powder mixed. Work to a stiff dough. Divide and roll out about half-an-inch thick, pinch the edges with finger and thumb, prick evenly all over with a fork. Bake a light golden colour, using sheets of white paper on an oven tray, for about half-an-hour or more in a moderate oven. May be decorated with candied peel or comfits before placing in the oven.

PLAIN SHORTBREAD.

$\frac{1}{2}$ lb. Butter.	1 oz. Rice Flour.
$\frac{1}{2}$ lb. Castor Sugar.	7 oz. Flour.

Prepare as in preceding recipe.

ALMOND SHORT CAKE.

3 Eggs.	1 cup Sugar.
1 cup Butter.	$\frac{1}{2}$ teaspoon Baking Powder.
1 cup chopped Almonds.	Essenco of Almonds.

Flour to mix to a stiff dough. Roll out, cut into small squares or diamonds, pinch the edges, and lay a piece of peel on top of each. Prick evenly with a fork. Bake on white paper till of a golden colour. Moderate oven.

FRENCH SHORTBREAD.

2 Eggs.	6 oz. Sugar.
6 oz. Butter.	$\frac{1}{4}$ oz. powdered Ammonia.
1 lb. Flour.	

Proceed as in preceding recipe.

PARKIN CAKE.

$\frac{1}{2}$ lb. Oatmeal.	$\frac{1}{2}$ lb. Sugar.
$\frac{3}{4}$ lb. Flour.	$\frac{1}{2}$ oz. Ginger.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{4}$ oz. Mace.
2 oz. Peel.	A grating of Nutmeg.
$\frac{3}{4}$ lb. warm Treacle.	$\frac{1}{4}$ teacup of Milk.
1 teaspoon Carbonate of Soda.	

Mix and leave ingredients to soak for some hours. Grease a baking tin and bake in a moderate oven. It improves with keeping.

GINGERBREAD (no eggs).

1 cup Sugar.	1 tablespoon ground Ginger.
$\frac{1}{2}$ cup Butter.	1 teaspoon Cinnamon.
1 cup Treacle.	1 teaspoon Soda.
1 cup sour Milk.	4 cups of Flour (about).

Add the soda dissolved in hot water last and mix well in. Good oven.

SPONGE GINGERBREAD (No. 1).

2 Eggs.	$\frac{1}{2}$ cup Milk.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Cinnamon.
1 teacup Sugar.	3 teaspoons ground Ginger.
$1\frac{1}{2}$ cups Flour.	1 teaspoon mixed Spice.
$\frac{1}{2}$ teaspoon Soda.	1 cup Sultanas.
$\frac{1}{2}$ teaspoon Powder.	$\frac{1}{2}$ cup Treacle or Golden Syrup.

Warm the treacle, mix it with the milk and add to the sugar and butter creamed. Add the beaten yolks and whites whipped stiff, then the flour, in which the other ingredients have been mixed. Bake in a shallow tin in a moderate oven.

SPONGE GINGERBREAD (no eggs), No. 2.

$\frac{1}{4}$ lb. Butter.	1 teacup Sugar.
2 breakfastcups Flour.	1 teacup Golden Syrup.
1 teacup Milk.	1 dessertspoon Spice.
Peel and Sultanas.	2 dessertspoons ground Ginger.
1 heaped teaspoon Soda.	

Cream butter and sugar ; warm the syrup ; dissolve soda in the milk. Mix and bake in a *shallow cake tin* in a moderate oven.

SPONGE GINGERBREAD (No. 3).

3 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ lb. Treacle.
$1\frac{3}{4}$ lbs. Flour.	1 teaspoon Cinnamon.
1 heaped teaspoon Soda.	1 tablespoon Ginger.
1 heaped teaspoon Powder.	Sultanas and Peel.
$\frac{1}{2}$ pint Milk.	

Bake in a large well-greased *shallow tin*. Caraway seeds, figs or preserved ginger may be used instead of sultanas.

SPICED GINGERBREAD (No. 4).

3 Eggs.	1 teacup Sugar.
1 teacup Butter.	1 teaspoon Ginger.
3 breakfastcups Flour.	1 teaspoon Cinnamon.
1 breakfastcup sour Milk.	1 teaspoon Nutmeg.
1 breakfastcup chopped Raisins.	1 teaspoon Allspice.
1 breakfastcup Treacle.	1 teaspoon Soda.

Bake in a shallow greased tin in a moderate oven. Mix like No. 1.

Afternoon Tea, Small Fancy Cakes, Biscuits, etc.

ROCK CAKES (No. 1).

3 Eggs.	Essence of Lemon.
$\frac{3}{4}$ lb. Butter.	1 lb. Sugar.
2 lbs. Flour.	$1\frac{1}{2}$ teaspoons Cream of Tartar.
1 cup Currants.	1 level teaspoon Soda.

Milk to mix to a stiff dough. Drop in small lumps on a floured oven tray. Bake 15 minutes in a quick oven.

ROCK CAKES (No. 2).

2 Eggs.	2 cups Flour.
$\frac{1}{4}$ lb. Butter.	$\frac{3}{4}$ cup Sultanas and Currants.
$\frac{1}{2}$ lb. Sugar.	1 heaped teaspoon Powder.
A little Milk.	Essence of Lemon to flavour.

PLAIN CAKES.

1 Egg.	2 or 3 tablespoons Milk.
$\frac{1}{4}$ lb. Butter or Dripping.	1 teaspoon Powder.
1 teacup Sugar.	1 teacup Sultanas.
$1\frac{1}{2}$ cups Flour.	Essence of Lemon.

Drop in lumps on a cold tray. Bake in a moderate oven about 15 or 20 minutes.

RICE ROCKS.

2 Eggs.	1 level teaspoon Soda.
$\frac{1}{4}$ lb. Butter.	$\frac{3}{4}$ cup Sugar.
$\frac{1}{2}$ lb. Ground Rice.	1 cup Sultanas and Peel.
6 oz. Flour.	$1\frac{1}{2}$ teaspoons Cream of Tartar.

Milk to mix to a stiff dough. Proceed as in above recipe.

LEMON PATTY CAKES.

2 Eggs.	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Powder.
1 Lemon (grated rind and juice).	1 heaped cup Flour.

Bake in greased patty tins and decorate with lemon icing.

CANADIAN CAKES.

5 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	1 tablespoon Brandy.
$\frac{3}{4}$ lb. Flour.	1 tablespoon Orange Flower
$\frac{1}{4}$ lb. Currants.	Water.
$\frac{1}{2}$ Lemon Rind, grated.	

Put mixture about half an inch thick into a *shallow well-greased tin or tins*. Quick oven. Ice when cold and cut into *squares or diamonds* with a sharp knife. Different coloured icings may be used to decorate.

PLAIN QUEEN CAKES (No. 1).

2 Eggs.	$\frac{1}{2}$ cup Sugar.
1 tablespoon Butter.	1 teaspoon Powder.
1 heaped cup Flour.	Essence of Lemon.
Currants.	

Bake in buttered patty pans (heart-shaped). Good oven.

QUEEN CAKES (No. 2).

3 Eggs.	5 oz. Sugar.
5 oz. Butter.	$\frac{1}{4}$ oz. Currants.
5 oz. Flour.	Essence of Lemon.

Bake as in No. 1. Some prefer to add about $\frac{1}{2}$ *tea spoon of powder* to the flour.

MAGGIE'S QUEEN CAKES.

3 Eggs.	$\frac{1}{2}$ teaspoon Soda.
$\frac{1}{4}$ lb. Butter.	2 cups Flour.
1 cup Sugar.	1 cup Maizena.
A few Currants.	1 teaspoon Cream of Tartar.

Bake in buttered patty pans. Good oven.

KISS CAKES (No. 1).

1 Egg.	$\frac{1}{2}$ cup Milk.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Cream of Tartar.
$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ teaspoon Soda.

Flour to mix to a moderately stiff dough. Drop from a teaspoon on to a greased oven tray. Sprinkle with coarse sugar and bake in a quick oven. Put two together with jam or icing between.

KISS CAKES (No. 2).

2 Eggs.	1 heaped teaspoon Baking
Their weight in Flour, Corn-	Powder.
flour and Sugar.	Essence of Lemon.

Beat eggs well with the sugar. Add the flour, corn-flour and powder, and proceed as in preceding recipe.

SPONGE KISSES.

2 Eggs.	4 oz. Sugar.
2 oz. Butter.	1 heaped teaspoon Powder.
6 oz. Flour.	Essence of Lemon.

Make into a light dough; using more flour if necessary. Cut into shapes, sprinkle with coarse sugar, and bake in a good oven. When cool, fasten together with jam or any nice filling.

CREAM COOKIES (No. 1).

1 Egg.	1 cup Sugar.
1 cup sour Cream.	$\frac{1}{2}$ teaspoon Soda.
Flour to mix.	Cinnamon, Nutmeg, Salt.

Mix till it becomes a stiff dough. Roll out about half an inch thick; cut into small rounds, and sprinkle the top with coarse sugar. Bake at once in a quick oven.

COOKIES (No. 2).

1 Egg.	1 cup Sugar.
$\frac{1}{2}$ cup Butter.	$\frac{1}{2}$ cup Milk.
1 heaped teaspoon Baking Powder.	2 cups Flour.

RICH FRUIT COOKIES.

3 Eggs.	$\frac{1}{2}$ teaspoon Salt.
1 cup Butter.	1 teaspoon Cinnamon.
$1\frac{1}{2}$ cups Sugar.	1 cup chopped Nuts.
$3\frac{1}{4}$ cups Flour.	$\frac{1}{2}$ cup Currants.
1 teaspoon Soda.	$\frac{1}{2}$ cup Raisins.
$1\frac{1}{2}$ tablespoons hot Water.	

Butter a baking sheet. Drop mixture in small spoonfuls one inch apart. Sprinkle with coarse sugar. Moderate oven. Will keep well.

GRETТА'S CAKES.

2 Eggs.	2 cups Flour.
6 oz. Butter.	$\frac{1}{2}$ teacup Milk.
$\frac{1}{2}$ lb. Sugar.	

Proceed as in preceding recipe.

SHREWSBURY CAKES.

1 Egg.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Cinnamon.
$\frac{1}{2}$ lb. Flour.	

Make into a dough; roll thin and cut into round cakes.

RICE CAKES.

2 Eggs.	2 oz. Castor Sugar.
2 oz. Butter.	1 Lemon (grated rind).
$\frac{1}{4}$ lb. ground Rice.	1 teaspoon Lemon Juice.
$\frac{1}{2}$ teaspoon Baking Powder.	

Divide into small cakes, and bake in a good oven.

MAIZENA PATTIES.

2 Eggs.	$\frac{1}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon Powder.
6 oz. Maizena.	Essence of Lemon.
2 oz. Flour.	

Bake in patty pans or drop on a cold floured tray. The proportions of flour and maizena may be altered to suit the taste. Sultanas, peel or desiccated cocoanut may be added to the mixture.

CORNFLOUR PATTIES.

2 Eggs (whites only).	2 oz. Sugar.
2 oz. Butter.	1 scant teacup Milk.
1 teacup Cornflour.	1 level teaspoon Powder.
1 teacup Flour.	

Bake in greased patty pans.

LUNCH CAKES.

4 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{4}$ cup Milk.
$\frac{3}{4}$ lb. Flour.	Essence of Lemon or Vanilla.

Bake in buttered patty pans; sprinkle sugar over each and put a slice of lemon peel on top. Bake 20 minutes in a good oven.

GINGER CAKES (no eggs).

1 cup Butter.	1 cup Sugar.
5 small cups Flour.	1 cup Treacle.
1 cup sour Cream.	$\frac{1}{2}$ teaspoon Cinnamon.
1 tablespoon Soda.	$\frac{1}{2}$ teaspoon ground Cloves.
1 tablespoon Ginger.	

Drop from a spoon on to a floured oven tray and bake quickly. May also be baked in patty pans.

COCOANUT CAKES (No. 1).

1 Egg.	2 level tablespoons Sugar.
2 tablespoons Butter.	1 teaspoon Cream of Tartar.
6 heaped tablespoons Flour.	$\frac{1}{2}$ teaspoon Soda.
3 level tablespoons desiccated Cocoanut.	Vanilla Flavouring.

Mix into a stiff paste. Shape in small pieces. Sprinkle with coarse sugar and bake in a quick oven.

COCOANUT CAKES (No. 2).

2 Eggs.	$\frac{1}{2}$ teaspoon Baking Powder.
Weight of 1 egg in Butter.	2 tablespoons desiccated
Weight of 2 eggs in Flour and Sugar.	Cocoanut.

Bake in greased patty pans in a good oven.

ALMOND CAKES (No. 1).

1 Egg.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	Some whole Almonds.
$\frac{2}{4}$ lb. Flour.	Almond Essence.

Mix; roll out and divide into small cakes. Brush with egg and sprinkle with coarse sugar. Blanch and brown the almonds in the oven. Put one almond on top of each cake and bake in a good oven.

ALMOND CAKES (No. 2).

1 Egg.	1 or 2 tablespoons Sugar.
4 oz. Butter.	2 $\frac{1}{2}$ tablespoons ground
1 heaped cup Flour.	Almonds.
1 teaspoon Baking Powder.	

Mix to a stiff paste. Roll out thin and cut in fancy shapes, and bake a golden colour in a moderate oven. When cool, dip in the white of egg mixed with a little sugar and then into some browned chopped almonds. Dry in a slow oven.

ALMOND CREAM BISCUITS.

2 Eggs (yolks only).	1 cup Flour.
$\frac{1}{4}$ lb. Butter.	3 tablespoons Sugar.
4 tablespoons Cream (sweet or sour).	Almond Essence.
	Blanched Almonds.

Mix into a stiff paste. Roll out and cut into shapes. Brush with a little of the egg yolk, sprinkle with coarse sugar and chopped almonds. Bake a light brown.

ALMOND SUGAR BREAD.

5 Eggs.	$\frac{1}{2}$ lb. Sugar.
6 oz. Flour.	$\frac{1}{4}$ lb. Almonds.
1 Lemon.	

Blanch and chop the almonds. Sift the sugar and flour. Grate the lemon rind and strain the juice. Beat the yolks and sugar, add the rind and juice; stir in the flour and almonds and then the whites whipped stiff. Bake at once in a flat tin well greased. The top may be stuck with blanched split almonds. *Cut into squares* for serving.

CHOCOLATE CAKES (No. 1).

3 Eggs.	4 oz. Sugar.
3 oz. Biscuit Flour.	1 teaspoon Vanilla Essenco.
2 oz. powdered or grated Chocolate.	$\frac{1}{2}$ teaspoon Baking Powder.
	A pinch of Salt.

Beat the yolks with the sugar. Add the flour and chocolate. Stir well, add the flavouring, and lastly the whites whisked stiff. Bake in well-buttered patty pans in a sharp oven for about 10 or 15 minutes.

CHOCOLATE CAKES (No. 2).

4 Eggs.	1 level breakfastcup Sugar.
$\frac{1}{4}$ lb. Butter.	3 tablespoons grated
1 level breakfastcup Flour.	Chocolate.
Vanilla Essence.	$\frac{1}{2}$ teaspoon Baking Powder.

Mix as usual; pour mixture about $\frac{1}{2}$ inch deep into a shallow well-buttered tin. Bake from 15 to 20 minutes. Ice when cool with chocolate icing, and cut into diamond shapes.

With the chocolate left out, the same mixture may be used for *light-coloured cakes*, cut similarly and iced with white or pink icing, and decorated to taste.

CHOCOLATE CAKES (No. 3).

1 Egg (white only).	1 dessertspoon Flour.
4 oz. sifted Sugar.	2 oz. grated Chocolate.

Mix into a paste. Take pieces the size of walnuts, roll very thin, cut into shapes and place on a buttered tin. Bake 10 or 15 minutes in a moderate oven and place on a sieve to dry.

RING CAKES.

4 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	1 heaped teaspoon Powder.
Flour to mix.	Essence to flavour.

Mix with flour to a stiff paste. Flavour with essences, the grated rind and juice of a lemon, spices, etc. Form pieces into rings; bake a golden colour on a floured oven tray. Brush over with egg and sprinkle with sugar or finely-cut almonds.

HONEY CAKES.

1 Egg.	$\frac{1}{2}$ lb. Honey.
2 tablespoons Butter.	1 teaspoon Powder.
3 teacups Flour.	1 Lemon (grated rind).

Mix into a light dough and put into small tins. Brush with milk, and sprinkle with coarse sugar. Good oven.

BROWN PARLIAMENT CAKES.

2 oz. Butter.	1 lb. Treacle.
1 lb. Flour.	1 dessertspoon ground
$\frac{1}{2}$ teaspoon Soda.	Ginger.

Heat treacle and butter. Add other ingredients, and knead well. Roll out $\frac{1}{4}$ inch thick, and cut into squares. Brush over with a little treacle and water mixed. Bake in a moderate oven on a floured tray.

SUGAR CAKES.

2 Eggs.	1 cup Castor Sugar.
$\frac{1}{2}$ lb. Butter.	1 Lemon (grated rind).
2 cups Flour.	1 teaspoon Lemon Juice.

Rub butter into flour and grated rind. Mix with sifted sugar and add 2 eggs well beaten. Roll out. Cut into shapes. Sprinkle with coarse sugar (and chopped almonds if liked) and bake on a greased tray in a moderate oven.

AMERICAN STRAWBERRY SHORTCAKE.

1 lb. Flour.	1 Egg.
3 tablespoons Butter.	1 tablespoon Sugar.
1 cup sour Cream.	1 teaspoon Soda.

Add a pinch of salt to the flour; dissolve the soda in hot water. Mix and roll the dough into two sheets. Lay one sheet smoothly on the other and bake in buttered tins. While warm separate the sheets, lay on a coating of strawberries and sifted sugar, and cover with the upper crust. Cut into triangles. May be served hot with sweet cream poured over each slice.

STRAWBERRY SHORTCAKE.

$\frac{1}{2}$ lb. Flour.	1 tablespoon Sugar.
3 oz. Butter.	2 teaspoons Baking Powder.
Milk (about $\frac{1}{2}$ cup).	Strawberries.

Proceed as in preceding recipe.

SPANISH CREAM CAKES.

3 (or 4) Eggs.
3 oz. Butter.
5 oz. Flour.
Flavouring.

1 (or 2) oz. Sugar.
A pinch of Salt.
 $\frac{1}{2}$ pt. boiling Milk or Water.

For the Almond Mixture :—

2 oz. sweet Almonds (ground). 1 Egg (white only).
1 oz. fine Sugar.

Put on the milk with the butter and 2 oz. of sugar and a pinch of salt in an enamelled pan. Let it come to the boil ; stir in the flour gradually ; stir till it leaves the side of the pan. Take it from the fire and stir till it cools considerably. Then break in 3 eggs one by one. If too stiff add the yolk of another egg. Stir till it looks shiny. Take a dessertspoon, and with it drop parts of this mixture on a hot floured tray ; brush lightly over with beaten egg, and then spread the *almond mixture* over them, and bake in a moderate oven to a pale brown. When cold, open them and fill with whipped cream or some nice filling.

MERINGUES.

Whites of 2 or 3 Eggs.
Flavouring.

Powdered Sugar.

Whip the whites very stiff, and beat in enough sifted sugar to make it stiff enough to shape easily (about 5 or 6 oz. sugar to 2 whites of eggs). Dip a dessertspoon in cold water and then into the mixture. Drop on sheets of white paper and shape into ovals. Allow room for spreading and rising. Make all of the same size. Place the paper on a piece of board from half-an-inch to an inch in thickness, and bake in a moderate oven about 20 to 30 minutes. Do not let them colour too much. When done slip off the paper with a sharp knife ; take out any soft part from the inside of the meringues with a teaspoon, and return them to the oven upside down to dry the inside. Handle carefully, as they are easily broken. Store in a tin, and when wanted fill with whipped cream or any nice filling.

COCOANUT MACAROONS.

2 Eggs (whites only). 8 oz. powdered Sugar.
 $\frac{1}{4}$ lb. desiccated Cocoanut.

Beat the whites very stiff, sift in the sugar, and then add the cocoanut. Drop from a teaspoon on sheets of *rice* or *wafer paper*. White buttered paper answers the purpose, but is not so good. Bake a light brown in a slow oven.

ALMOND MACAROONS.

Make like Cocoanut Macaroons, using *ground* or *finely chopped almonds*.

COCOANUT BISCUITS.

6 Eggs (whites only). Powdered Sugar.
Flour. A fresh Cocoanut.

Grate a fresh cocoanut, keeping out the dark part. Spread on a dish to dry for a day or so. Add double its weight of powdered sugar sifted, the whites of 6 eggs, and about a teacup of flour to every 1 lb. of sugar. Drop on a baking tin like rock cakes. Bake in a gentle oven about 20 minutes. Store in a tin.

COCOANUT ROCK CAKES.

3 Eggs (whites only). $\frac{3}{4}$ lb. powdered Sugar.
 $\frac{3}{4}$ lb. Cocoanut (desiccated). 1 teaspoon Vinegar.

Whisk the whites very stiff. Stir in the vinegar and sugar sifted; then the nut, gradually. Drop on sheets of buttered paper in little knobs, or form with finger and thumb. Bake in a slow oven. Half may be coloured pink with cochineal.

Almond Rocks may be made by using almonds instead of cocoanut.

NORA'S TRUFFLES.

3 Eggs. $\frac{1}{4}$ lb. Butter.
 $\frac{1}{4}$ lb. Sugar. $\frac{1}{2}$ teaspoon Ammonia.
 $\frac{3}{4}$ lb. Flour.

Cream butter and sugar, add beaten eggs, then flour, etc. Dust coarse sugar on the baking-board. Roll the mixture in long fingers, then cut in short pieces and bake.

WALNUT WAFERS.

2 Eggs.	1 cup shelled Walnuts.
1 cup brown Sugar.	3 tablespoons of Flour.
A pinch of Salt.	

Mix and drop on buttered paper and bake till nicely browned.

ORANGE BISCUITS.

3 or 4 Eggs (whites only).	1 lb. powdered Sugar.
$\frac{1}{2}$ lb. Almonds.	2 Oranges (grated rind).

Blanch and chop the almonds finely. Beat the whites stiff. Add sugar, almonds and grated rind. Beat well. Drop on stiff white paper sprinkled with sugar. Bake in a slow oven.

CHOCOLATE CAKE DROPS.

3 Eggs (whites only).	$\frac{1}{4}$ lb. sifted Sugar.
$\frac{1}{4}$ lb. powdered Chocolate.	Vanilla Flavouring.

Beat whites stiff, and mix in chocolate and sifted sugar. Drop from a teaspoon on a buttered tin. Bake in a moderate oven.

BRANDY SNAPS (no eggs).

2 tablespoons Butter.	2 tablespoons brown Sugar.
2 tablespoons Dripping.	$\frac{1}{2}$ cup Treacle.
1 heaped cup Flour.	1 tablespoon Ginger.
$\frac{1}{2}$ cup sour Milk.	1 teaspoon Soda.

Cream butter and dripping with sugar, add treacle. Beat well. Mix soda in a little milk and add. Sift in flour enough to stiffen the dough. Roll out thin and cut into rounds. Bake in a slow oven.

LADY'S FINGERS.

2 Eggs.	4 tablespoons Milk.
1 cup Sugar.	1 teaspoon Powder.
1 cup Butter.	Flour to mix.

Mix with flour till it stirs stiff with a spoon. Roll small pieces of the dough as large as a finger. Cut off into 4-inch lengths, put on lady's finger tins, and bake in a quick oven.

CRULLERS.

1 Egg.	1 small teaspoon Soda.
1 cup Sugar.	A pinch of Salt.
1 cup sour Cream.	Spice to taste.

Mix soft. Roll nearly an inch thick. Cut out with a cake-cutter with a hole in the centre. Fry in hot lard.

NAPLES BISCUITS.

4 Eggs.	9 oz. Flour.
$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ teacup Water.

Boil the sugar and water for a minute or two. Cool and pour gradually on to the well-beaten eggs. Whisk well till quite cold. Dredge in the flour, stir as little as possible. Place small pieces on a buttered biscuit tin and sprinkle sugar over. Moderate oven.

RUSKS.

2 Eggs.	1 teaspoon Sugar.
3 oz. Butter.	$\frac{1}{2}$ teaspoon Salt.
3 oz. Lard.	2 teaspoons Baking Powder.
2 cups Flour.	Milk to mix.

Mix to a stiff paste. Roll out once to about $\frac{1}{2}$ inch thick. Cut into rounds and bake at once. When partly done, split into halves with a fork and bake till brown and crisp.

HONEY BISCUITS (no eggs).

2 tablespoons Butter.	1 teaspoon mixed Spices.
6 tablespoons Honey.	$\frac{1}{2}$ teaspoon Soda.
6 tablespoons Flour.	1 tablespoon chopped Almonds.

Dissolve soda in a little warm water. Mix honey and butter, and warm to melt it; add to this the dry ingredients *gradually*; then the soda. Cover and let it stand till next day. Roll out thin and cut into shapes. Bake in a *slow oven* till of a light brown colour.

GERMAN BISCUITS.

2 Eggs.	2 oz. Sugar.
$\frac{1}{4}$ lb. Butter.	1 tablespoon mixed Spice.
6 oz. Flour.	1 heaped teaspoon Powder.
6 oz. ground Rice.	A pinch of Salt.
Vanilla Essence.	

Mix with a little milk to a stiff paste. Roll thin and cut into rounds. Bake. While warm, place jam between each two and ice the top one with white icing. Sprinkle pink sugar or hundreds and thousands over the icing while moist. Set in a cool oven to dry.

GINGER BISCUITS (no eggs), No. 1.

$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ cup Sugar.
2 heaped cups Flour.	$\frac{3}{4}$ cup Treacle.
3 tablespoons boiling Water.	1 tablespoon Ginger.
$\frac{3}{4}$ teaspoon Soda.	1 dessertspoon mixed Spice.
$\frac{1}{2}$ teaspoon Cinnamon.	

Mix butter and treacle with water; add other ingredients and mix well to a rather stiff paste. Roll thin and cut into shapes. *Slow oven.*

GINGER BISCUITS (no eggs), No. 2.

$\frac{1}{2}$ cup Butter.	$\frac{1}{2}$ cup Sugar.
2 cups Flour.	1 tablespoon Treacle.
1 dessertspoon Ginger.	$\frac{1}{2}$ teaspoon Cream of Tartar.
Hot Water to mix.	$\frac{1}{4}$ teaspoon Soda.

Mix, roll out and bake in a quick oven.

AMMONIA BISCUITS.

2 Eggs.	1 cup Sugar.
$\frac{1}{4}$ lb. Butter.	1 teaspoon powdered
2 cups Flour.	Ammonia.
	1 tablespoon Milk.

Dissolve the ammonia in the milk. Cream butter and sugar, add beaten egg and milk. Mix, roll, and cut into shapes. Good oven.

PLAIN SHORT BISCUITS.

1 Egg.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Dripping (or Butter).	$\frac{1}{2}$ teaspoon Cream of Tartar.
$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoon Soda.
Essence to flavour.	

Mix (with a little milk if necessary) to a moderately stiff dough. Roll out, cut into shape, brush with milk, sprinkle with coarse sugar, and bake in a moderate oven.

SUPERIOR BISCUITS.

3 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ teaspoon Soda.
1 lb. Flour.	Essence of Vanilla.

Or, use 2 eggs and 1 *teaspoon of powder* instead of the soda. Mix, and prepare and bake as in the preceding recipe.

CREAM BISCUITS.

1 cup Butter.	1 cup Sugar.
2 tablespoons Cream.	1 teaspoon Soda.
2 teaspoons Cream of Tartar.	Vanilla Flavouring.

Flour to mix to a rather stiff dough. Shape, and bake in a good oven.

SAND TARTS.

2 Eggs.	3 cups Flour.
2 cups Sugar.	1 cup Butter or Beef Dripping.

Reserve the white of 1 egg. Mix as usual. Roll out thin. Spread the white of egg on top of each cut-out

cake, sprinkle with sugar and cinnamon and put a blanched almond or raisin in the centre of each cake. Quick oven.

SPICE BISCUITS (no eggs).

1 cup Butter.	1 cup Sugar.
2 cups Flour.	1 teaspoon Nutmeg.
$\frac{1}{2}$ cup Milk.	1 teaspoon Cinnamon.
1 teaspoon Cream of Tartar.	2 teaspoons Spice.
$\frac{1}{2}$ teaspoon Soda.	

Quick oven. When cold put icing between and on top.

RATAFIA BISCUITS.

4 Eggs.	1 heaped teaspoon Cream of Tartar.
$\frac{1}{2}$ lb. Butter.	1 level teaspoon Soda.
1 $\frac{1}{4}$ lbs. Flour.	2 oz. chopped Almonds.
2 teaspoons Ratafia Essence.	
$\frac{3}{4}$ lb. Sugar.	

Melt the butter and pour while warm on the well-beaten eggs. Add all dry ingredients except almonds. Mix well; break off small pieces, roll in coarse sugar and the almonds blanched and chopped. Bake on a greased oven tray.

CINNAMON BISCUITS.

$\frac{1}{2}$ cup Butter.	1 cup Sugar.
2 cups Flour.	1 oz. Cinnamon.
$\frac{1}{2}$ oz. powdered Ammonia.	

Make a soft dough, roll thin and cut into fancy shapes. Glaze the top with coarse melted sugar.

WHOLEMEAL BISCUITS.

1 Egg.	$\frac{1}{4}$ teaspoon Salt.
1 $\frac{1}{2}$ oz. Butter.	Milk to mix.
6 oz. Wholemeal.	

Mix to a stiff paste, roll about $\frac{1}{4}$ inch thick, cut in rounds, prick over and bake in a good oven.

WHEATMEAL BISCUITS.

1 teacup Butter.	1 teacup Sugar.
2 breakfastcups Wheatmeal.	1 teaspoon Salt.
1 teaspoon Soda.	Lemon Essence.

Mix with water (or milk) to a stiffish paste. *Cream* may be used to mix and then *no butter* is required.

YORKSHIRE PARKINS.

4 oz. Butter.	6 oz. brown Sugar.
$\frac{1}{2}$ lb. Flour.	4 oz. Treacle.
$\frac{1}{2}$ lb. Oatmeal.	1 oz. Mixed Spice.
$\frac{1}{2}$ oz. Baking Soda.	A little Buttermilk.

Rub in the butter with the flour. Heat the treacle, and mix in with enough buttermilk to make a nice soft dough. Form into small, round flat cakes. Bake. Glaze with buttermilk and put back in the oven for a little.

OATMEAL BISCUITS (No. 1).

2 Eggs.	1 lb. Flour.
$\frac{1}{2}$ lb. Butter.	6 oz. Sugar.
$\frac{1}{2}$ lb. Oatmeal.	$\frac{1}{2}$ teaspoon Soda.

Bake about $\frac{1}{2}$ hour in a moderate oven.

OATMEAL BISCUITS (No. 2).

2 teacups Butter.	2 teacups Sugar.
3 teacups Oatmeal.	1 teaspoon Cream of Tartar.
3 teacups Flour.	1 teaspoon Soda.
2 teacups Milk (about).	

Mix to a stiff paste, roll thin and cut into shapes. Prick over and bake.

OATMEAL CAKES (No. 1).

1 tablespoon Dripping (or Butter).	1 teaspoon Powder.
	1 teaspoon Salt.
14 oz. Oatmeal (about).	1 cup hot Water.

Pour the hot water on the dripping. Mix in the oatmeal and work into a stiff dough. Roll out thin, divide and *bake* in a rather slow oven. Or *fry* on one side on a *hot girdle* and *toast* the other before the fire.

OATMEAL CAKES (No. 2).

3 oz. Butter.	$\frac{1}{4}$ teaspoon Salt.
14 oz. Oatmeal.	$\frac{1}{4}$ teaspoon Soda.
2 oz. Flour.	$\frac{1}{4}$ teaspoon Cream of Tartar.

Mix with cold water, roll thin, divide and bake in a good oven.

SCOTCH OAT CAKES.

3 oz. Butter (or Dripping).	$\frac{1}{2}$ teacup Water.
2 large cups Oatmeal.	

Pour the water boiling over the butter. Mix in the oatmeal. Roll thin. Bake as in above recipe.

Scones, Buns, Tea Cakes, etc.

SCONES (No. 1).

2 cups Flour.	2 teaspoons Cream of Tartar.
1 oz. Butter.	1 teaspoon Soda.
$\frac{1}{2}$ teaspoon Salt.	Milk to mix.

Dissolve the soda in *half a cup of milk*. Mix salt and cream of tartar with the flour. Rub the butter into the flour. Mix with a knife to a rather stiff dough. Roll out, handling as little as possible; cut into shape and bake at once in a hot oven about 7 or 8 minutes. May also be fried on a hot girdle.

To make *sweet scones*, add $1\frac{1}{2}$ tablespoons sugar and a teacup of currants to the above. *Wheatmeal* may be used instead of flour. If milk is not available, *water may be used to mix*. Water scones do not keep so well, and should be eaten at once.

SCONES (No. 2).

2 heaped cups Flour.	1 level teaspoon Soda.
2 level teaspoons Cream of Tartar.	1 level teaspoon Salt.

Mix with *new milk* to a rather soft dough. Halve and knead each part into a ball. Then flatten with the hand. Cut across twice, half-way down. Bake in a hot oven on a floured oven tray. *Sour milk* may be used to mix, and then *use only 1 teaspoon cream of tartar*.

SCONES (No. 3).

2 cups Flour.	2 teaspoons Powder.
1 teaspoon Salt.	Sweet Milk.

Mix to a moderately stiff dough.

SWEET SCONES.

1 Egg.	$\frac{1}{2}$ teaspoon Salt.
2 Cups Flour.	$\frac{1}{2}$ teaspoon Soda.
$1\frac{1}{2}$ tablespoons Sugar.	1 teaspoon Cream of Tartar.

Milk to mix. *Currants* may be added.

BROWN SCONES.

1 Egg.	1 tablespoon Treacle.
$1\frac{1}{4}$ lb. Wholemeal.	1 teaspoon Soda.
2 cups new Milk.	2 teaspoons Cream of Tartar.
1 teaspoon Salt.	

Dissolve soda in some of the milk. Warm the treacle and mix with the rest of the milk *warmed*, but not hot. Put cream of tartar and salt with the meal and add the liquids gradually. Mix well and bake in a hot oven.

APPLE OR PINEAPPLE SCONES.

1 Egg.	$\frac{1}{2}$ teaspoon Soda.
2 cups Flour.	1 teaspoon Cream of Tartar.
2 oz. Butter.	Minced Apple or Pineapple.
1 teacup Sugar.	

Mix with milk to a nice dough; roll and divide in two. Have the apple minced and sprinkled with sugar

and cinnamon, the pineapple with sugar only, and place the fruit between the sheets of dough. Cut as usual and bake in a moderate oven.

MUFFINS.

1 Egg.	1 cup Milk.
1 lb. Flour.	2 tablespoons Yeast.
1 oz. Butter.	

Melt butter in the milk. Have it just warm, and add the beaten egg and yeast and flour gradually. Mix well and set to rise for 2 hours. Form into cakes and bake on a girdle on both sides.

WAFFLES.

2 Eggs.	1 heaped cup Flour (about).'
1½ oz. Butter.	1 cup Cream.
1½ oz. Castor Sugar.	1 teacup Milk.
A pinch of Salt.	

Mix as usual, using enough flour to make a stiff batter. Heat the waffle-iron, rub with butter and put in spoonful of the mixture. Leave room for rising; close and put over the hot coals for 6 or 8 minutes. The cakes should be nicely browned, and should leave the iron easily.

DROP SCONES (No. 1).

1 Egg.	1 heaped teaspoon Cream of
1 scant cup Flour.	Tartar.
½ cup Milk (small).	½ teaspoon Soda.
2 oz. Sugar.	

Beat the egg well with the sugar; add the milk, then the flour with the soda and cream of tartar. Rub a hot pan or girdle with well-greased white paper. Drop the batter from a teaspoon. Turn (when little bubbles begin to rise) with a broad knife. Have good heat to cook quickly.

DROP SCONES (No. 2).

1 Egg.	1½ tablespoons Sugar.
2 cups Buttermilk.	2 teaspoons Soda.
Flour to mix.	2 teaspoons Cream of Tartar.

Mix to a rather thick batter, and proceed as in preceding recipe.

POTATO SCONES.

1 Egg.	1 oz. Sugar.
1 oz. Beef Dripping.	3 or 4 small Potatoes.
1 lb. Flour.	½ cup Milk.
1½ teaspoons Baking Powder.	A pinch of Salt.

Beat the dripping with the sugar, add egg and beat again. Then add the mashed potatoes and milk. Then add the flour and powder, making a stiff dough. Roll out and cut into shapes. Bake in a hot oven.

YEAST PIKELETS.

1 Egg.	1 cup Milk (warmed).
2 breakfastcups Flour.	1 dessertspoon Yeast.
A pinch of Salt.	

Add milk and yeast to the beaten egg. Mix in the flour. Cover and keep in a warm place for an hour or so. Make into small round cakes, and bake on the girdle or a hot pan. May also be baked in the oven. Serve hot and buttered.

TEA BUNS.

1 Egg.	2 oz. Sugar.
2 oz. Butter (or Dripping).	¼ lb. Currants.
2 level cups Flour.	¼ teaspoon Soda.
1 scant cup Milk.	1½ teaspoons Cream of Tartar.

Mix to a stiff dough. Place in lumps on a floured oven tray. Bake about ½ hour.

RICH TEA BUNS.

1 or 2 Eggs.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{4}$ lb. Butter.	1 heaped teaspoon Powder.
$1\frac{1}{2}$ cups Flour.	A pinch of Salt.
Lemon Peel or the grated rind of 1 Lemon.	About $\frac{1}{2}$ cup Milk.

Mix to a moderately stiff dough, using more milk if only one egg is used. Bake in patty pans or on a greased oven tray. Brush with egg and sprinkle with coarse sugar.

HOT-CROSS BUNS.

$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ lb. fine Sugar.
2 lbs. Flour.	1 teacup Yeast.
1 breakfastcup Milk, warmed.	1 lb. Currants.
$\frac{1}{2}$ teaspoon Salt.	1 teaspoon mixed Spice.

Mix yeast with milk. Mix the flour with the dry ingredients and make a hole in the middle of it; pour in the liquid and with the surrounding flour mix into a thin batter. Cover and set in a warm place till the leaven ferments. Melt the butter and with it and the milk make a soft paste of all the flour. Dust flour over and place again in a warm place to rise for half an hour. Mix in the currants, shape into buns, and place on a greased oven tray and let them rise again in a warm place for half an hour. Put a cross on them with the back of a knife and bake in a quick oven from 15 to 20 minutes. This quantity makes 24 buns.

RICE BUNS.

1 Egg.	1 tablespoon Sugar.
2 oz. Butter.	1 teaspoon Powder.
5 oz. ground Rice.	1 teacup Sultanas.
3 oz. Flour.	Lemon Peel.

Mix to a stiff dough. Shape into buns. Put a strip of peel on each. Bake in a quick oven on a floured tray.

PLAIN TEA CAKE (No. 1).

- | | |
|----------------------|------------------------------------|
| 1 oz. Butter. | 1 heaped teaspoon Soda. |
| 1 lb. Flour. | 3 level teaspoons Cream of Tartar. |
| 1 teaspoon Salt. | |
| 2 tablespoons Sugar. | |

Milk to mix to a moderately stiff dough. Form into round cakes and brush over with egg before cooking.

TEA CAKES (No. 2).

- | | |
|------------------------------------|-----------------------------------|
| 2 Eggs. | 2 oz. Sugar. |
| 2 oz. Butter. | $\frac{1}{2}$ teaspoon Soda. |
| $\frac{1}{2}$ lb. Flour. | 1 level teaspoon Cream of Tartar. |
| $\frac{1}{4}$ teacup Milk (about). | |

Bake in greased patty pans from 10 to 15 minutes.

LEMON TEA CAKE.

- | | |
|----------------------------------|-----------------------------|
| 1 Egg. | 2 tablespoons Sugar. |
| 1 tablespoon Butter. | 1 teaspoon Soda. |
| 2 cups Flour. | 1 teaspoon Cream of Tartar. |
| 1 Lemon (juice and grated rind). | |

Bake in patty pans or on tin plates.

YORKSHIRE TEA CAKE.

- | | |
|--------------------------|---------------------------------|
| 1 Egg. | $\frac{1}{2}$ oz. German Yeast. |
| 1 oz. Butter. | 1 teacup Milk. |
| $\frac{3}{4}$ lb. Flour. | |

Rub butter into the flour. Mix yeast with a little sugar and the milk warmed. Beat up the egg and mix milk, yeast and egg with the flour. Half fill small cake tins, let it rise for 1 hour in a warm place. Brush over with milk or egg and bake in a good oven.

CHERRY TEA BUNS.

- | | |
|---------------|---------------------------------------|
| 1 Egg. | 1 large teaspoon Plasmon. |
| 2 oz. Butter. | $\frac{1}{2}$ teaspoon Baking Powder. |
| 2 oz. Sugar. | 2 oz. cut-up dried Cherries. |
| 5 oz. Flour. | 1 oz. cut-up Angelica. |

Mix to a softish dough with a little milk if required. Bake in small greased tins about 15 minutes.

CREAM TEA CAKES.

- | | |
|----------------------------|---------------------------------|
| 1 Egg (yolk only). | 1 small teaspoon Baking Powder. |
| 2 large tablespoons Flour. | |
| 1 teaspoon castor Sugar. | 1 oz. Butter. |
| A pinch of Salt. | |

Cream to moisten to a light dough. Make into very small round cakes; bake 10 minutes. Open and butter, and serve hot.

GERMAN CINNAMON CAKE.

- | | |
|----------------------------|---|
| 1 Egg. | 1 teaspoon Salt. |
| 3 tablespoons Butter. | 1 pint Milk. |
| 1 lb. Flour. | Cinnamon, Vanilla, or Lemon Flavouring. |
| 2 teaspoons Baking Powder. | |

Mix dry ingredients, rub in butter; beat egg and add milk. Mix all into a soft dough. Roll till smooth and about $\frac{3}{4}$ inch thick. Place in a shallow pan and cover the top with a mixture of cinnamon, sugar and melted butter or cream. Bake in a quick oven. Or it may be rolled $\frac{1}{4}$ inch thick; put almonds, apples, or peaches, etc., between two layers. May be served hot (or cold), and with cream if desired.

DOUGH NUTS.

- | | |
|----------------------|---------------------------|
| 1 Egg. | 1 tablespoon Sugar. |
| 1 tablespoon Butter. | 1 teaspoon Baking Powder. |
| 1 lb. Flour. | $\frac{3}{4}$ cup Milk. |

Rub butter into sugar and flour. Beat the egg, add milk and mix with the flour and powder into a dough. Roll out lightly, cut into rings and fry in boiling fat. Drain and serve with powdered sugar sprinkled over.

Cake Decorations, Icings, Fillings, etc.

TO ICE A CHRISTMAS CAKE.

1. Make the icing of such a *consistency* that it will keep its shape if dropped on a tin plate. If it runs, it is too thin, and more icing sugar must be used.

2. If the top of the cake has to be cut flat, make the first coating of icing thin enough to pour over, and harden it in a cool oven; otherwise the crumb of the cake is apt to mix with the icing. Apply the icing with a broad knife, dipped occasionally into hot water while smoothing the icing.

Rubbing the top of a cake lightly with flour makes the icing stick.

If the icing is wanted to stand up round the sides, pin a band of oiled paper round.

3. Apply two or three coatings of icing according to the thickness desired. Let each coat harden before applying another.

4. To decorate use a set of tin *icing-tubes* with water-tight bags attached. Partly fill the bags with icing thick enough to keep its shape well.

To make "*roses*" hold the "*rose*" tube upright, squeeze the bag and lift smartly. To make the leaves, hold the tube *slanting*. The "*piping*" tube may be used for many designs: to make chains, spiderwebs, tennis nets, for writing names, making dots, etc. By the exercise of a little ingenuity many pretty designs may be carried out; but it is as well to have the design mapped out beforehand, as a mistake is not easily rectified.

If a set of tubes is not available, much may be done with a piece of stiff white paper rolled into a cone shape.

TO ICE SPONGE OR LAYER CAKE.

For these the icing may be made softer and poured over, or it may be put on with a knife as on other cakes. Soft icing takes longer to set; so *if wanted* quickly, make with whites of eggs and harden off in the oven.

ALMOND ICING.

1 lb. ground sweet Almonds.	2 yolks of Eggs.
5 or 6 bitter Almonds.	2 lbs. Icing Sugar.
5 whites of Eggs.	Flavouring.

Beat the whites stiff, add almonds, etc., till of a stiff consistency. Put the almond mixture on the top of the cake, brushing the cake first with white of egg. Put the cake into the oven and let it remain till the almond paste is firm and slightly browned. When cool, ice with white icing.

ALMOND PASTE.

$\frac{1}{2}$ lb. ground Almonds.	A few drops of Almond
1 yolk of Egg.	Essence.
$\frac{1}{2}$ lb. Icing Sugar.	

Mix almonds and sugar with enough white of egg (beaten) to make a stiff paste. Stir all over the fire till warm and stiff enough to roll. Dredge a baking-board with icing sugar, and roll out the paste to the thickness required.

BUTTER ICING.

$\frac{1}{4}$ lb. sweet Butter.	3 tablespoons Brandy (or
$\frac{3}{4}$ lb. Icing Sugar.	Wine).

Cream the butter and sugar, add the brandy and mix till of the consistency of cream.

WHITE ICING (No. 1).

Whites of 3 Eggs.	Icing Sugar.
Flavouring.	

Roll the icing sugar with a glass roller (a bottle will do) and sift it. Beat the whites and mix in the sugar till of a proper consistency so that it will keep its shape

if dropped on a tin plate ; if it spreads it is too thin. Flavour to taste with any light-coloured flavouring. A little citric acid flavours and makes it whiter at the same time. A drop or two from the bluebag also helps to make it look whiter.

WHITE ICING (No. 2).

3 tablespoons boiling Water. $\frac{1}{2}$ lb. Icing Sugar.

Mix to a nice consistency. Flavour and bleach as in above recipe.

This is an economical icing, and answers very well. It does not get so hard as when made with white of egg.

Icing may be kept moist, while using, by being covered with a damp cloth.

PINK ICING.

Make like white icing and colour with cochineal, carmine or red fruit juice. Flavour to taste.

YELLOW ICING.

Make like white icing and colour with saffron or yolk of egg. Flavour to taste.

APRICOT ICING.

Make like white icing and colour with yolk of egg and a little cochineal.

BROWN ICING.

Make like white icing and colour with coffee essence, cocoa or chocolate.

GREEN ICING.

Make like white icing and colour with the juice from bruised spinach leaves.

BOILED MILK ICING.

$\frac{1}{2}$ lb. white Sugar.
 $\frac{1}{4}$ pint Milk.

$\frac{1}{2}$ oz. Butter.
Flavouring.

Boil all (except flavouring) together in an enamel pot for 8 or 10 minutes, stirring all the time. Take off the fire, add flavouring and *beat till white and creamy*. Spread over the cake with a knife.

BOILED WATER ICING.

1 lb. white Sugar.
 $\frac{1}{4}$ pint tepid Water.

Flavouring.

Boil quickly for 7 or 8 minutes. Take off the fire, add flavouring, *beat till creamy*. Flavour and use.

ANOTHER BOILED ICING.

White of 1 Egg.
2 tablespoons Water.

$\frac{1}{2}$ lb. white Sugar.
Flavouring.

Boil sugar and water till clear without stirring. Let it cool somewhat, then pour it on the white, beaten stiff. *Beat well* till of a proper consistency.

SOFT BROWN BOILED ICING.

$\frac{1}{2}$ lb. brown Sugar.
 $\frac{1}{4}$ pint Cream.

1 oz. Butter.
Vanilla Flavouring.

Boil sugar, cream and butter quickly, stirring well. When it begins to thicken, take it from the fire and stir it (standing the pot in a pan of cold water) till of the proper consistency.

Fillings for Sandwich and Layer Cakes, etc.

Any of the above icings may be used as fillings with flavourings to suit the taste. Orange, lemon or any fruit juice may be used for flavouring.

PINK FILLING FOR CREAM CAKES.

2 Eggs (whites only).	2 tablespoons Raspberry Jelly.
1 tablespoon Icing Sugar.	2 tablespoons Red Currant Jelly.

Beat the whites stiff and add the other ingredients.

CHOCOLATE ICING OR FILLING.

2 oz. grated Chocolate.	1½ teacups Milk.
3 teacups Sugar.	½ oz. Butter.
Vanilla Flavouring.	

Boil all (except flavouring) together for 5 or 6 minutes, stirring all the time. Take from the fire and beat in a pan of cold water till of the right consistency to spread over or between cake.

CREAM FILLING.

1 cup whipped Cream.	3 oz. Sugar.
2 Eggs (whites only).	¼ oz. Gelatine.
Flavouring.	

Dissolve the gelatine in a teacup hot milk. Whip the whites stiff, add sugar, gelatine and cream. Fill the cakes before the mixture sets. This may be flavoured and coloured to taste. Lemon, orange, vanilla or desiccated cocoanut may be added.

LEMON BUTTER OR CHEESECAKE FILLING.]

2½ oz. Butter.	10 oz. Sugar.
4 Eggs.	2 Lemons.

Beat up the eggs, add sugar, butter, grated rind and strained juice of the lemons. Place in a jar and stand this in a pot of water over the fire. Stir the contents of the jar until about as thick as honey. Will keep for months if covered like jam. Use for *tarts*, *sponge sandwich*, etc. A few *pounded almonds* or grated sweet biscuits may be strewn on the top for cheesecakes. These quantities make about 1 pint of lemon butter.

PASSION FRUIT FILLING.

1 cup whipped Cream.
8 Passion Fruit.

$\frac{1}{2}$ oz. Gelatine.
Sugar to taste.

Dissolve the gelatine in a little water over the fire. Add the fruit and sugar to the whipped cream ; colour with cochineal and stir in the gelatine. Use before it sets.

COCOANUT FILLING (No. 1).

1 Egg (white only).
2 oz. desiccated Cocoanut.

1 cup Sugar.

Boil the sugar and water for about 8 minutes. Take it from the fire, cool, add the beaten white and stir up till of a creamy consistency. Spread over and between the cake and sprinkle both layers with desiccated cocoanut.

COCOANUT FILLING (No. 2).

Make like "Lemon Jelly Filling" (see below) and add about $\frac{3}{4}$ cup of desiccated cocoanut.

FRENCH CREAM FILLING.

1 pint Milk.
2 Eggs.
 $\frac{1}{2}$ oz. Butter.

1 tablespoon Cornflour.
 $\frac{1}{2}$ cup Sugar.
Vanilla Flavouring.

Beat up the eggs. Mix the cornflour smooth in some of the milk. Add everything but the vanilla. Stir over the fire till it thickens. Spread between layers of cake, while both cake and filling are hot.

LEMON JELLY FILLING.

1 Lemon (grated rind and juice).
1 cup boiling Water.

$\frac{3}{4}$ cup Sugar.
1 tablespoon Arrowroot.

Mix arrowroot smooth with a little cold water. Grate the rind and strain the lemon juice. Mix all together and boil till it thickens, stirring well. When nearly cold spread between layers of sponge cake.

PINK SUGAR.

Drop cochineal on to lump sugar, crush, rub well, dry, sift and keep in a bottle. Useful for decorating.

ORANGE OR LEMON SUGAR.

Rub loaf sugar on the rind till it is full. Grate it off and repeat the process till all the sugar is used. Put on a plate, and set it in a cool oven to dry. Pound, sift, and keep in a bottle for use.

DECORATIONS WITH SWEETS, NUTS, Etc.

Besides decorations with the icing-tubes in various patterns, the tops of cakes (especially sponge sandwich and layer cakes) may be decorated with *coloured sweets* ; *chocolate creams, etc.* ; *candied fruits* ; *cherries* ; *angelica, etc.* ; *almonds*, blanched and split, or browned ; *walnuts*, halved ; *desiccated cocoanut, etc.*

Bread Making.

HOME-MADE BREAD, FANCY BREADS, ROLLS.

1. **Bread** may be made in many ways by aeration, with baking powder, soda and cream of tartar, soda and buttermilk, etc. ; but it is most commonly made with yeast.

2. **Yeast** may be home-made ; but, except in country districts, it is more convenient to *procure it from a baker.*

Brewer's yeast is usually more bitter and stronger than baker's yeast.

German and French yeasts (dried and compressed in cakes) may now be bought from the grocer. Other yeasts vary so much in strength and condition that the uniformity of these German and French yeasts, *if good*, is a decided gain. *When good*, German yeast

has a fresh smell and a greyish colour. If spots of brown are seen, or the smell is at all unpleasant, it should not be used. *It may also be tested* by crumbling a little of the yeast and working into it some moist sugar; if good, the two will form a liquid in a few moments. *Another test* is to add a little flour to this liquid, mix well, pour in a little lukewarm water, and set it in a warm place; if good, a froth will appear in a short time.

If "German yeast bread" has to be made quickly (say in 2 or 3 hours), allow 1 oz. *German yeast* to 3 lbs. of flour. Where a longer time can be given for fermentation, use a smaller proportion of yeast.

3. *Salt* checks fermentation, and so must not be added with the yeast in the early stages of bread-making. It must be mixed with the flour, *never* with the yeast itself.

4. *Sugar* assists fermentation.

5. *Water, milk*, or a mixture of the two, is the liquid used for *mixing* the dough. About $\frac{1}{2}$ pint of liquid to 1 lb. flour is the approximate proportion. The liquid must be lukewarm, not exceeding 98 degrees Fahrenheit; for cold chills the yeast, and heat above that may kill it.

6. In mixing the dough, if *small quantities of bread* are made, the yeast and the lukewarm liquid may be mixed and the flour moistened and kneaded at once. When large quantities are used, it is better to "*set the sponge*." This is done by pouring the yeast and part of the lukewarm liquid into a hole in the centre of the flour, stirring in enough flour from the sides to make a thin batter, covering the top of the batter with flour, and then setting the basin with a cloth over it in a warm place, out of draughts, till it works and a froth breaks through the top.

7. Then the rest of the lukewarm liquid is added, and the whole *well mixed and kneaded*, so that all the flour is moistened and the yeast well distributed. *En-*

close as much air as possible while kneading. Then *the dough must be set to rise*, covered over and put in a warm place till about twice its original size. Do not allow it to rise too long and do not let it get too hot.

8. *Shape the loaves*, using as little *dry flour* as possible in this process. Fill loaf tins rather more than half full, and allow the dough to rise till nearly level with the top of the tin.

9. *Brown bread* is best made in the form of tin loaves or as seones. There is so much gluten in the flour used that *too much handling* is apt to make it stieky.

10. *The oven* should be *hot and a regular heat maintained* for some time. Some believe in beginning with as high a heat as 500 degrees Fahr. for large batches, but others again use 400 degrees to begin with, and gradually decrease to about 250 degrees Fahr., but not lower. Of course a large batch cools the oven considerably on being put in. This and other considerations, such as the nature of the oven, must be taken into account. Small batches could begin at about 350 degrees Fahr., gradually decreased to about 240 degrees.

11. A good-sized half-quartern loaf should *take about an hour to bake*; but it is only experience that can be relied on. *Simple tests* to try whether a loaf is baked sufficient are (1) rapping the loaf with the knuckles; if it sounds hollow it is done; (2) pressing the crust with the fingers; if it is elastic and springs back it is well done; (3) a skewer may be used as with cakes.

HOME-MADE BREAD (No. 1).

(Farm-house recipe.)

1. *To make the yeast*.—Boil gently 1 handful of hops for 2 hours in 9 pannikins (pints) of water, adding boiling water to keep up the quantity. Let this stand till luke-

warm. Add $\frac{1}{4}$ lb. sugar and 1 handful of flour. Stir well, bottle, and tie the corks down. This makes 7 bottles of yeast, is ready to use in 3 days, and will keep 3 months in a cool, dry place.

2. *To set the sponge.*—Wash and boil 8 medium-sized potatoes with the skins on, using no salt. Mash well in the water. Let them cool, water and all. When lukewarm, add 2 pannikins of flour, $\frac{1}{4}$ lb. sugar, and 2 bottles of yeast. Mix well, cover and stand in a warm place for 9 or 10 hours.

3. *To set the dough.*—Take flour enough to make 12 loaves, 4 lbs. each (about 36 lbs. flour). Put about 10 pannikins of lukewarm water (*half boiling and half cold gives the right heat*) on the sponge. Stir it well and strain off. Use this strained liquor to pour into a hole in the middle of the flour, and mix into a flexible dough. Cover and set in a warm place to rise for another 9 or 10 hours.

Then mix in 2 handful of salt in 2 pannikins of lukewarm water. Pour this over the dough; mix well, working in as much flour as possible. Knead well, and set aside to rise for 4 hours. Make into loaves and bake.

TO MAKE YEAST.

1 $\frac{1}{2}$ oz. Hops.
2 lbs. Malt.
1 oz. coarse Salt.

8 quarts Water.
1 pint old Yeast.
1 handful Flour.

Boil the hops with the water for 3 hours. Then pour it over 2 lbs. of malt. Let it stand till lukewarm; add the yeast, salt and flour. Stir well, strain and bottle. Keep in a cool, dry place. *Use 1 teacup of this to 1 quart of milk or water for making bread or rolls.*

ANOTHER RECIPE FOR YEAST.

1 handful of Hops.
 $\frac{1}{2}$ pint old Yeast.
2 oz. Flour.

1 quart cold Water.
6 good-sized Potatoes.
2 oz. Sugar.

Wash the potatoes, leaving the skins on. Cut them up small and boil with the water and hops till the potatoes are boiled down. Strain, and when lukewarm mix in flour, sugar and old yeast. Cover and keep in a warm place for at least 12 hours. Bottle. Ready for use in a day or two.

If the yeast become dull, stir in a little brown sugar and warm water. This assists the fermentation.

YEAST FOR HOT CLIMATES.

2 oz. Hops.	4 quarts Water.
$\frac{1}{2}$ lb. Sugar.	1 tablespoon Salt.
1 lb. Flour.	3 lbs. boiled mashed Potatoes.

Boil the hops in the water for $\frac{1}{2}$ hour. Strain and cool till lukewarm. Mix in sugar and salt and then stir in the flour gradually till quite smooth. Let it stand for 3 days and then add the potatoes. Next day strain, and it is ready for use. This yeast is very strong : use about half the usual quantity necessary for baking. Will keep 2 or 3 months in a cool place.

HOME-MADE BREAD (No. 2).

4 lbs. Flour.	2 teaspoons Salt.
2 tablespoons brewer's Yeast.	2 pints Milk and Water.

Put the flour in a wooden or enamel basin (not tin). Mix the yeast smooth with half the milk and water made lukewarm, and pour it into a hole in the middle of the flour. Stir in flour from the sides to make a batter, and dust flour over the top. Cover and stand in a warm place about 1 hour until the fermentation cracks the top and froths up. Next mix in the salt with the flour and the rest of the lukewarm liquid to a nice flexible dough. Cover and set to rise. When 2 or 3 times its original size knead thoroughly but gently, and enclose as much air as possible. Shape into loaves. Place in greased tins, and let the dough rise again in a warm place to nearly half its size before placing in the

oven. If *cottage loaves* are made they need not be left to rise so long.

About 1 lb. of *steamed or boiled, dry mashed potatoes* may be added warm to the flour before putting in the yeast. This is supposed to be an improvement by some.

WHOLEMEAL BREAD (No. 1).

Bake in the ordinary way, using half flour and half wholemeal. Bake in tins or as scones.

WHOLEMEAL BREAD (No. 2).

8 lbs. fine Wheatmeal.
4 oz. Cream of Tartar.
2 oz. Soda.

$\frac{1}{4}$ lb. fine Sugar.
2 oz. Salt.

Sift all these ingredients and make into a flexible dough with churned milk. Divide and bake at once.

HOME-MADE GERMAN YEAST BREAD.

7 lbs. Flour.
1 tablespoon Salt.

2 oz. German Yeast.
Tepid Water.

Put the salt and flour into an earthenware basin. Mix the German yeast smooth with half a teacup of tepid water. Pour this into a hole in the centre of the flour. Mix in more tepid water, and work all with the flour to a nice, stiff dough, kneading it well. Cover and place in a warm position to rise till at least twice its size. Then, without working too much, shape into loaves. Flour the tins and half fill them. Leave to rise for 15 minutes again; and bake in a hot oven. *This is quickly-made bread.* If a sponge is set and longer time given for fermentation, *less yeast* may be used (little more than half the quantity). Milk and water may be used to mix instead of all water.

MILK BREAD (No. 1).

8 lbs. Flour.	6 oz. Butter.
3 oz. Cream of Tartar.	3 oz. Castor Sugar.
2 oz. Soda.	1½ oz. Salt.

Sift flour, etc. ; rub in the butter and mix to a firm dough with churned milk. Divide and bake at once.

MILK BREAD (No. 2).

2 lbs. Flour.	2 oz. Butter.
1 pint Milk.	1 tablespoon Baking Powder.
1 teaspoon Salt.	

CURRENT LOAF.

2 cups Flour.	¾ teacup Milk.
1 Egg.	1 cup Currants.
1 teacup Sugar.	1½ teaspoons Baking Powder.
1 oz. Butter.	

Bake about 1 hour.

WHEAT FLOUR GEMS.

3 cups best wheat Flour.	2 cups cold Water.
½ cup Milk.	

Make a batter. Heat gem pans very hot ; fill them evenly full with the batter. Have the oven very hot, and place in the hottest part for 10 minutes. Then bake 30 minutes longer on the bottom of the oven. Eaten warm or cold.

WHITE FLOUR GEMS.

Flour.	Milk.
2 Eggs (whites only).	

Stir briskly into new milk enough flour to make a batter, not too stiff to drop from a spoon. Add the whites whipped stiff and mix thoroughly. A very little cream may be added last. Bake in hot gem pans in a quick oven.

SODA ROLLS.

1 lb. Flour.	$\frac{1}{2}$ oz. Cream of Tartar.
$1\frac{1}{2}$ oz. Butter.	A pinch of Salt.
$\frac{1}{4}$ oz. Soda.	Buttermilk to mix.

Rub butter into the flour with the dry ingredients. Mix to a soft dough with buttermilk and divide into twelve rolls. Bake 12 to 15 minutes in a hot oven.

RICH BREAKFAST ROLLS.

2 Eggs.	$1\frac{1}{4}$ teaspoons Baking Powder.
2 oz. Butter.	1 teaspoon Salt.
1 oz. Sugar.	$\frac{1}{2}$ pint Milk.

Mix yolks with sugar ; beat in the butter ; add the milk, then flour and powder to make a light soft dough. Add whites beaten stiff lastly. Roll out smartly, cut into shape, roll and bake. May be baked as scones if preferred.

YEAST BREAKFAST ROLLS.

2 lbs. Flour.	$\frac{3}{4}$ pint Milk.
1 Egg.	1 teaspoon Salt.
2 oz. Butter.	$\frac{1}{2}$ teacup Fresh Yeast.

Melt the butter in the milk ; when lukewarm pour it into a well in the centre of the flour. Mix and stir well. Add the salt to the flour first. Next stir in the beaten egg, and mix all with the flour to a dough. Let it stand covered in a warm place for 6 hours. Knead for 15 minutes and form the rolls, using as little extra flour as possible. Bake in small pans or round rolls for 20 minutes. Brush over with water when taken from the oven.

Confectionery.

RAW FONDANT, OR CREAM FILLING FOR SWEETS (No. 1).

Whites of 2 Eggs.	2 lbs. good Icing Sugar
2 tablespoons Water, Milk or Cream.	(about).

Sift the sugar and whip the whites stiff and add the other liquid. Then gradually beat in the sugar until it becomes a stiff paste. Flavour and colour to taste. This may be rolled or moulded into shapes for *chocolate creams*, *date creams*, *walnut creams*, etc. Use a little icing sugar to keep it from sticking to the hands when rolling.

CREAM FILLING FOR SWEETS (No. 2).

Icing sugar and boiling water. Sift the sugar and add very gradually sufficient boiling water to make a stiff paste. Flavour and colour to taste.

BOILED CREAM FILLING FOR SWEETS (No. 3).

1 lb. best white Sugar.
1 teacup Milk or Water.

A pinch of Cream of Tartar.

Boil rapidly from 5 to 7 minutes, stirring all the time. Pour into basin, flavour and colour to taste, and place in another basin of cold water. Keep stirring till it thickens and begins to turn white. Some believe in stirring only till the sugar is dissolved, and then boiling for 10 minutes till it will "ball" between the fingers.

This may be used for *icing cakes* when it is about the consistency of cream. If wanted for chocolate creams, walnut creams, etc., stir till it is of the consistency of dough. It will keep for use for days if a damp cloth is placed over the basin. If it becomes *too stiff* to use it may be softened by placing in a pan of hot water. If by over-boiling it becomes *hard and gritty*, it may be reduced again to a syrup by adding more water and boiling over again. To test it, rub a little on a tin plate with the blade of a knife. If it begins to turn white after a little rubbing it is ready. Another test is to rub a little between the fingers. If it "balls" it is ready.

VANILLA CREAMS.

Make a boiled cream filling (No. 3). Flavour with about 2 teaspoons of vanilla and a little almond essence. Stir till the paste is thick enough to roll. Roll into balls. Sprinkle with desiccated cocoanut and set aside for 12 hours.

PINEAPPLE SQUARES.

Make a cream filling by any of the above methods, *flavouring* part with *pulp*ed pineapple, and colouring it either *yellow* with saffron or *green* with spinach. Leave the other part *white*, flavouring it with a little citric acid and a little desiccated cocoanut. Dust a baking-board with a little *cornflour* and roll each part into a strip about $\frac{1}{2}$ inch thick. Place one on top of the other, roll again lightly, cut into inch squares, and sprinkle with desiccated cocoanut or crystallised sugar.

FIG ROCK.

1 cup Sugar.
 $\frac{3}{4}$ cup Water.

$\frac{1}{4}$ teaspoon Cream of Tartar.
Split toasted Figs.

Boil sugar and water together without stirring till of an amber colour. Add cream of tartar and then the figs. Pour into a buttered baking tin.

MEXICAN KISSES.

3 cups brown Sugar.
1 cup Milk.
Buttor, the size of an egg.

1 lb. chopped Walnuts.
1 teaspoon Vanilla Essence.

Boil milk and sugar; add butter; boil till a little dropped in cold water almost hardens. Beat for 3 minutes; add the vanilla and walnuts; beat again and turn into buttered pans and mark for cutting.

NOUGAT.

$\frac{1}{2}$ lb. sweet Almonds.
 $\frac{3}{4}$ lb. Icing Sugar.
Grated rind of 1 Lomon.

1 tablespoon Water.
1 tablespoon Lomon juice.

Melt the sugar in the water, add grated rind and lemon juice. Boil till the syrup begins to turn yellow. Add the nuts, stir about 5 minutes and then pour into a buttered flat dish. When partly cool mark into squares with a greased knife. Roll each in oiled paper.

SOFT NOUGAT.

2 Eggs (whites only).
 $\frac{1}{2}$ lb. Honey.
 1 lb. Sugar.

$\frac{1}{2}$ lb. blanched Almonds.
 Rice paper.

Beat the whites stiff and pour on to them the melted honey. Add slowly, beating all the time, $\frac{1}{2}$ lb. sugar that has been boiled till it "balls" with $\frac{1}{4}$ cup water. Beat over the fire till the mixture, when dropped in cold water, will break apart in the fingers. Add $\frac{1}{2}$ lb. of sugar that has been boiled in $\frac{1}{4}$ cup water till it snaps when dropped in cold water. Add the almonds, stir and then pour into flat pans lined with rice paper. Cover the top with rice paper, and when cold cut into squares. It really takes two people to make this successfully.

WALNUT CANDIES.

$\frac{1}{2}$ lb. brown Sugar.
 $\frac{1}{2}$ teacup golden Syrup.
 $\frac{1}{2}$ oz. Butter.

$\frac{1}{2}$ teacup Water.
 $\frac{1}{2}$ oz. chopped Walnuts.
 A pinch of Cream of Tartar.

A drop or two of Tartaric Acid.

Boil the sugar and water till it looks clear, add cream of tartar, acid, butter and golden syrup, and boil till some dropped in cold water will set. Pour on to an oiled flat dish, put the walnuts on top, and fold the edges over into the middle with a greased knife. Keep on doing this till all the walnuts are mixed in. Oil the hands and scissors and cut the candy into thick strips. Pull and stretch till about 1 inch wide and then cut into cushions like "bulls' eyes." Must be quickly done, as it soon hardens.

PEANUT BRITTLE.

1 quart of Peanuts.

1 lb. Sugar.

Put the sugar into an iron or aluminium pot with about a dessertspoonful of water. Stir till the sugar is melted and of a light brown colour. Be careful not to burn it. Mix in the nuts, which should have been skinned and rolled and sifted (the siftings saved to dust the board with). Turn at once on to a board. Roll into a thin sheet and cut into squares.

BULVAH, OR INDIAN ALMOND TOFFEE.

Equal weights of flour, butter, sultanas, almonds and sugar. Melt the butter and flour gradually mixed to a paste on a plate. Add the sultanas and blanched and sliced almonds. Make the sugar into a thick syrup by boiling up with as little water as possible. Keep stirring till a little dropped in water "sets." Pour into a buttered dish.

PLAIN TOFFEE.

1 cup Sugar.

1 tablespoon Water.

1 tablespoon Butter.

1 tablespoon Treacle.

1½ teaspoons Vinegar.

Boil without stirring till a little thrown in cold water "sets."

BUTTERSCOTCH.

1 lb. brown Sugar.

½ oz. ground Ginger.

¼ lb. Butter.

Essence of Lemon.

Dissolve the sugar in a metal pan, add the creamed butter and ginger, and keep stirring over the fire till it sets when a little is poured on a buttered dish. Add essence of lemon just before it is done. Pour on to a buttered dish.

ALMOND TOFFEE.

1 lb. brown Sugar.

½ teacup Cream or Milk.

2 oz. Butter.

¼ lb. Almonds.

Boil without stirring for about 20 minutes. Test by dropping a little in cold water. Blanch and cut up $\frac{1}{4}$ lb. almonds and add ; stir them in just before taking from the fire. Pour into a buttered dish.

CHERRY CREAMS.

Make small balls of fondant coloured pale pink. Put halves of preserved cherries on each side and make a stalk of angelica.

DATE CREAMS.

Stone the dates and fill them with cream filling or almond paste. They may be further decorated with white or coloured icing, flavoured with citric or tartaric acid.

Prunes, raisins, walnuts, etc., may be treated in a similar way. They may also be cut up, rolled in fondant and dusted with icing sugar, or coated with chocolate.

GINGER BALLS.

Flavour some cream filling with ginger essence, colour with saffron or the yolk of an egg. Shape pieces of preserved ginger, and roll in the cream paste, then in crystallised sugar.

CHOCOLATE CREAMS.

Make a cream filling by either No. 1 or No. 3 recipe ; or by boiling 1 lb. of loaf sugar with as much milk or cream as it will absorb, till of the proper consistency. Test it by dropping a little on to a tin plate, and beating it with the blade of a knife. If it begins to turn white after a little, take it off the fire at once. Stir it until it creams and then roll into balls when stiff enough. Dust a large plate with icing sugar and place the balls on it, and set them aside for some time. Grate a large cake of chocolate into a basin. Add a dessertspoon of icing sugar. Place the basin over a saucepan of boiling water.

Cover the basin closely with a plate or saucer. Steam till the chocolate melts, which may be from 1 to 1½ hours. Add then 3 dessertspoons of milk, and beat till the chocolate is quite smooth. Then, with a fine skewer, dip each ball into the chocolate, and place aside on greased paper for 12 hours. The creams may be flavoured, according to taste, with vanilla or any other essence.

COCOANUT ICE.

Take 3 heaped breakfastcups of white sugar and 1¾ cups of cocoanut milk, ordinary milk or water. Bring this to boiling-point, stirring to keep from burning. Boil from 10 to 20 minutes. Test by rubbing some on a tin plate to see if it whitens. When nearly ready, stir in ¼ lb. of freshly-grated cocoanut (or desiccated cocoanut). Stand the pan in a basin of water and stir till it thickens. Flavour with vanilla or citric acid to taste. Pour one half on a buttered tin or plate. Colour the other half pink with cochineal and pour it over the white part. Set aside to get cold. When ready, cut into squares with a sharp knife.

CARAMELS.

2 breakfastcups Sugar.	¼ oz. Butter.
1 teacup Milk or Cream.	½ teacup hot Water.
1 tablespoon Honey or Treacle.	

Boil all the ingredients until rather thick. Test it by dropping a little in cold water. If it candies, it is ready. Add flavouring to taste. Pour into a buttered tin, and when rather cool, mark off into squares.

CHOCOLATE ALMONDS.

Make a boiled cream filling (see p. 279). Colour it by adding chocolate. Flavour with vanilla or almond essence. Shape into ovals and carefully press a blanched almond on each side.

CHOCOLATE SQUARES.

Make like cocoanut ice ; but instead of colouring the second half pink, add to it $\frac{1}{4}$ lb. more of grated chocolate ; boil it up, and stir till the chocolate is dissolved. Then pour it over the other layer.

CHOCOLATE CAKE DROPS.

$\frac{1}{4}$ lb. powdered Chocolate. Whites of 3 Eggs.
1 teacup Sugar.

Beat the whites stiff and stir into the mixed chocolate and sugar. Drop on a buttered tin with a small spoon, and bake about 10 minutes in a slow oven.

CHOCOLATE CARAMELS.

$\frac{1}{2}$ lb. Sugar. 2 oz. grated Chocolate.
 $\frac{1}{2}$ teacup good Cream. 1 teaspoon Butter.

Boil gently, and stir till it begins to leave the sides of the pan. Add flavouring of vanilla. Stir for a little after taking from the fire, and then pour it into a buttered square tin. Cut into squares when cold.

These caramels may be iced with a thin coating of icing if liked.

CHOCOLATE BALLS.

$\frac{1}{4}$ lb. Chocolate (or Cocoa). 1 teaspoon Vanilla.
2 tablespoons Milk or Water. $\frac{1}{4}$ lb. Cocoanut.
1 dessertspoon Butter. $\frac{1}{4}$ lb. Sugar.

Boil all (except cocoanut and vanilla) together gently. When it begins to thicken, test by dropping a little into cold water. If it becomes brittle, stir in the cocoanut and vanilla. Take off the fire and stir till it is a thick paste. Then roll into balls and dip into dry cocoanut and crystallised sugar.

GINGER CREAM.

2 cups Sugar.
 $\frac{1}{2}$ cup Milk.

$\frac{1}{4}$ lb. preserved Ginger.

Cut the ginger very fine and add to the milk and sugar. Boil like Cocoonut Ice. Pour out and cut when cold.

TURKISH DELIGHT.

1 oz. gelatine, 1 lb. sugar. Soak the gelatine in $\frac{1}{2}$ cup of cold water for 1 hour. Put it in a pan with the sugar and $\frac{1}{2}$ pint of boiling water. Boil from 10 to 20 minutes, stirring well. Add as much citric or tartaric acid as will lie on a threepenny-piece. Divide into two. Flavour the one with essence of lemon. Colour the other with cochineal and flavour with raspberry or strawberry essence. Leave, after pouring into flat dishes dipped in cold water, for 12 hours. Then cut into squares and dip in icing sugar.

Fruit or nuts cut up may be added before dishing if liked.

It may be flavoured with a stick of "*Solazzi*" liquorice boiled down with the sugar and water before adding to the gelatine; and liquorice jujubes may be so made.

"SWEETS" RECEPTACLES.

With the aid of cardboard, rough water-colour paper, a bottle of gum, a few yards of narrow ribbon, tissue or lace paper, many pretty little boxes and fancy baskets may be made at home for home-made sweets. Cinderella slippers, Christmas stockings, etc., may also be made by the ingenious in a dainty fashion.

Jams, Jellies, Preserving Fruits.

GENERAL RULES FOR MAKING JAMS AND JELLIES.

1. There are *three different methods* commonly used for the making of jams :—

(a) *Boiling the fruit before adding the sugar.* Less sugar is required if this method is employed. The acids of uncooked fruits convert the sugar into glucose, which has less than one-third of the sweetening power of sugar.

(b) *Making a syrup and then boiling the fruit in it.* This method is suitable for all very liquid fruits, such as *blackberries, rhubarb, strawberries, etc.* The sugar, or part of it, may be put on the raw fruit and allowed to stand all night. Next day pour off the liquid and boil it up from 10 to 20 minutes. Then add the fruit and cook till it is tender. The fruit keeps its shape better, and is not so likely to be squashed.

(c) *Boiling the sugar and fruit together.* This is the quickest method where time must be economised.

2. **The fruit** should be clean and dry. It should be ripe, but not over-ripe or bruised. It is best gathered in the sun on a nice, dry day.

3. **The sugar** should be the pure white large-grained crystallised sugar. Cane sugar is preferable to beet sugar; the latter is unsuitable for jellies.

4. For jam the proportion is from $\frac{3}{4}$ to 1 lb. of sugar to each 1 lb. of fruit.

5. For jellies the proportion is from 1 lb. of sugar to 1 pint of liquid. In making jellies the fruit should first be boiled gently with some water (about 1 quart of water to 7 lbs. of fruit). The quantity of water

varies with the kind of fruit, some fruits requiring much less, some none at all. Boil about $\frac{3}{4}$ hour or 1 hour, skim well and strain. Then add the sugar and boil till it jellies, from 5 or 6 minutes to half-an-hour. The less stirring jelly gets, the better for "clearing," and the sugar is not so likely to granulate.

Some fruits which are very juicy only need to be crushed before straining. Others need a very slight heating. Juice strained without squeezing makes the clearest jelly. If squeezed it must be strained again through a finer cloth. It must be well skimmed if it is wanted clear.

6. Steady boiling is required; if boiled too quickly jams and jellies are apt to burn. *Skimming* must be attended to, especially in the case of jellies, to make them clear.

7. Brass, aluminium, or enamel pans are used for preserving. They must be kept scrupulously clean. Do not leave the fruit for any time in the *metal pans*, before or after cooking, as the acids of the fruit may form poisonous compounds with the metal. Use a wooden spoon to stir with.

8. If jam is allowed to grow *cold* before *covering*, use properly labelled *gum paper* or *boiled flour paste* with white paper cut into neat rounds.

If covered while *hot*, it must be done directly it is dished; and a *paste made of flour and cold water* to the consistency of thick cream is best for this purpose.

A method much used at one time was to cover the jam with rounds of white paper dipped in brandy or whisky; but this is not necessary for keeping the jam. Instead of flour paste, the white of egg may be used to make the covers adhere.

If properly boiled, with plenty of sugar, and kept in a dry, cool, airy place, there should be no danger of the preserves fermenting.

9. No *special time limit* can be given, as it varies with the different conditions and kinds of fruit.

10. If jellies are wanted very clear, do not squeeze the *jelly-bag*, but allow a long time for the dripping, *i.e.*, from 12 to 24 hours.

APPLE JELLY.

Green apples or *windfalls* will do for this. Wash them and cut them up without peeling or coring. Put in the preserving pan with cold water to cover barely. Add 1 or 2 *lemons* and some *bruised ginger*, and boil till quite soft. Strain well, and then add 1 heaped cup of sugar to each cup of juice. Boil gently from 7 to 15 minutes from the time it comes to the boil. Test at intervals to see if a little put on a plate will jelly. Skim well.

Use a jelly-bag or folds of butter-cloth for straining.

RED CURRANT JELLY.

To 1 lb. currants take $\frac{1}{4}$ lb. raspberries. Make the fruit hot in the pan, stirring well. Then strain. To each pint of juice allow 2 breakfastcups of sugar. Let the juice come to the boil, add the sugar, let it boil up again, and then boil for 3 minutes longer. Skim well.

CHERRY JAM.

Boil the cherries till soft and then rub them through the colander. Allow $\frac{3}{4}$ *teacup of red currant juice* to every lb. of fruit, weighed before cooking. Add the red currant juice to the cherry pulp, and add 1 cup of sugar to every cup of pulp and juice together. Boil about 20 or 30 minutes.

RASPBERRY JAM.

Weigh the fruit, and allow $\frac{3}{4}$ lb. of sugar to 1 lb. of fruit. Simmer the fruit by itself from 20 to 30 minutes till quite soft. Stir well, add sugar, and boil gently for 30 minutes.

RED CURRANT AND RASPBERRY JAM.

Make like raspberry jam, allowing $\frac{1}{4}$ lb. of raspberries to every 1 lb. of red currants. Some like red currant juice added to raspberry jam— $\frac{1}{4}$ pint of juice to 1 lb. of raspberries, allowing equal measure of sugar.

STRAWBERRY JAM.

Allow 1 lb. of sugar to 1 lb. of fruit. Boil both together for about half-an-hour. To make it firm red or white currant juice may be added— $\frac{1}{4}$ pint of juice to 1 lb. of strawberries, allowing extra sugar of equal measure to the red currant juice. Gooseberry juice answers if currant juice is not available, or 1 or 2 table-spoons of sago help to set the jam.

BLACKBERRY AND APPLE JAM.

$\frac{3}{4}$ lb. of blaekberries to $\frac{1}{4}$ lb. of apples. To every 1 lb. of fruit add $\frac{3}{4}$ lb. of sugar. Boil for 1 hour.

APPLE AND LEMON JAM.

To 1 lb. of apples add the grated rind and juice of 1 lemon and $\frac{3}{4}$ lb. of sugar. Boil 1 hour.

APPLE GINGER.

To 6 lbs. of juicy apples allow $\frac{1}{4}$ lb. of whole ginger and a little preserved ginger. Bruise the whole ginger well and wrap in muslin. Peel, core and slice the apples; slice the preserved ginger. Boil the peel and cores as for jelly (with water enough just to cover), and strain the juice from this. Pour the juice over the sliced apples and ginger. Add the ginger in the muslin. Weigh all together and add sugar of equal weight. Boil from $\frac{3}{4}$ to 1 hour. Remove the whole ginger.

RHUBARB AND GINGER JAM.

To every 1 lb. of rhubarb add 1 lb. preserving sugar and about 1 oz. of crushed root ginger (the quantity depending on the strength of the ginger). Preserved ginger may also be added if liked. Bring well to the boil, and boil 20 minutes if the rhubarb is young; but up to $\frac{3}{4}$ hour if the fruit is old. Stir in a little almond essence before potting.

PEAR GINGER.

6 lbs. Hard Pears.

4½ lbs. Sugar.

$\frac{3}{4}$ lb. Preserved Ginger.

Cut up pears and ginger not too small. Put sugar over and let it stand 12 hours. Then put all on with a little water and simmer till the pears look clear. The *rough ginger* may be used instead or as well as the other ginger. It must be crushed and put in muslin bags. About $\frac{1}{4}$ to $\frac{1}{2}$ lb. of rough ginger might be used. Also 3 lemons may be sliced and used with the pears and ginger. Cook very slowly for about 3 hours.

VEGETABLE MARROW CONSERVE.

(Like Preserved Ginger.)

To 6 lbs. of vegetable marrow take 6 lbs. of sugar, 2 oz. of ground ginger (or $\frac{1}{4}$ lb. whole ginger), the rind and juice of 4 lemons. Peel the marrow and cut into neat pieces, not too small. Cut the lemon rind very fine. Add the strained juice. Put all in a preserving pan and simmer slowly till clear. Do not stir.

PIE MELON JAM.

To every 5 lbs. of cut-up melon allow 5 lbs. of sugar, 1½ oz. whole ginger (well-bruised), 2 lemons and a small pinch of cayenne pepper. Strain the lemon juice. Cut up the lemon rind roughly and put it with the ginger in a muslin bag. Cover the cut-up melon with

about half the sugar, and let it stand all night. Next day boil all together slowly till clear. May take 2 hours or longer. Before putting into the pots, stir in a little *citric* or *tartaric acid*—one saltspoon to the above quantities; or the acid may be omitted and 1 *extra lemon* used. A *pineapple* added improves the flavour.

SUGAR MELON AND PINEAPPLE JAM.

One *lb. of pineapple* to 2 *lbs.* of the firmer part of a *sugar melon*. To every 1 *lb.* of fruit add $\frac{1}{2}$ *lb.* of sugar. Boil the fruit with half the sugar slowly for about $2\frac{1}{2}$ hours; then add the rest of the sugar, and boil for about $1\frac{1}{4}$ hours.

PINEAPPLE AND TOMATO JAM.

Two *large pines* to 5 *lbs. of tomatoes*. Peel and cut up the pines. Skin the tomatoes by plunging them in boiling water, then in cold, and rubbing off the skins. Boil the fruit together gently till the pineapple is soft. Then add $\frac{3}{4}$ *lb.* of sugar to every 1 *lb.* of the mixture, and boil again for $\frac{1}{2}$ hour or longer.

GREEN TOMATO PRESERVE.

4 *lbs.* Tomatoes.
2 sliced Lemons.

3 *lbs.* Sugar.

Cut tomatoes in quarters if small, and shape larger ones similarly. Put sugar on with just enough water to melt it, add the very thin lemon slices and cook these for a time. Then add the tomatoes and cook till transparent and tender. Half a pound of preserved ginger may be added if liked.

QUINCE JAM.

Rub the quinces clean. Just cover with water and boil till tender. Take out and remove the cores, put the cores back in the water and boil for half-an-hour. Strain and measure. Allow 1 *lb.* of sugar to every

quart of liquid, and also 1 lb. of sugar to every lb. of the pulp. Boil all together till of a good colour.

RHUBARB AND ORANGE JAM.

To every 1 lb. of *rhubarb* allow 2 *oranges* and $\frac{3}{4}$ lb. of *sugar*. Wipe the rhubarb and cut into pieces about $\frac{1}{2}$ an inch long. Cut up the oranges as for marmalade. Put all on together, and boil for 1 hour or more.

STRAWBERRY AND RHUBARB JAM.

To every 1 lb. of *strawberries* allow $\frac{1}{2}$ lb. *rhubarb* and $1\frac{1}{4}$ lbs. of *sugar*. Cut up the rhubarb and cover it and the strawberries with half of the sugar, and let it stand all night. Next day, put all into the pan and boil half-an-hour.

RHUBARB AND FIG JAM.

To 6 lbs. of *rhubarb* allow $1\frac{1}{2}$ lbs. of *figs* and 6 lbs. of *sugar* and $\frac{1}{2}$ lb. *candied peel*. Cut the rhubarb small and cover with half the sugar (in layers). Strain off the juice next day, and boil it up with the rest of the sugar. Add the rhubarb, and boil for 30 or 40 minutes. Add the figs cut up, and boil for about half-an-hour longer.

PASSION FRUIT JAM.

Cut the fruit in halves and scoop out the inside. Boil a quarter of the skins till tender; then remove the soft pulp from them and add it to the seeds and juice. Boil for about 10 minutes; then add from $\frac{3}{4}$ to 1 lb. of sugar to 1 lb. of fruit, and boil till of the desired consisteney.

MARMALADE (No. 1).

Twelve *Seville* or *Auckland oranges*, 2 or 3 *lemons*. Slice the oranges and lemons finely, removing the seeds. Cover the seeds barely with hot water. To

each lb. of eut fruit add 3 pints of eold water. Let all stand 24 hours. Next day, strain off the liquor from the seeds, and add to the other fruit. Boil all together till the skins are tender. Once more let it stand for 24 hours. Then weigh it all, and to every lb. of fruit add $1\frac{1}{2}$ lbs. of sugar. Boil the whole till the syrup jellies, which may take 1 hour or longer. Some add 1 lb. of sugar to every pint of fruit and liquor mixed.

MARMALADE (No. 2).

8 Oranges (Seville).
2 Lemons.

14 cups Water.
9 lbs. Sugar

Soak the finely-sliced oranges and lemons in the water for 48 hours. Add the liquor in which the pips have been soaked. Boil slowly for 1 hour or longer till the skins are quite tender. Then add sugar, and boil quiekly for 1 hour longer.

The oranges are more easily slied if they are *boiled whole* first. The water in which they are boiled may then be used for soaking the chips.

If a *sweeter marmalade* is preferred, use half sweet oranges and half Seville oranges.

Lemon Marmalade may be made similarly, using lemons alone.

For **Citron Marmalade**, use eitrons and lemons in proportions to taste. Half eitrons and half lemons make a good marmalade.

For **Orange Marmalade**, if lemons are not available add a teaspoon of *citric* or *tartaric acid* just before dishing.

Honey may be used with Seville or other oranges, instead of sugar, for making marmalade.

TO PRESERVE ORANGES.

To every 6 *oranges* (large) take 3 *lbs. of sugar* and $2\frac{1}{2}$ *quarts of water*. Peel very thinly or grate off the outside of the rind. Wash the oranges and soak in

cold water for 24 hours, changing the water twice. Then cut into halves, quarters or thick slices, removing the seeds. Add the proper measure of water (given above), and boil without stirring for 3 hours. Then add the sugar, and boil $1\frac{1}{2}$ hours longer, stirring gently till the sugar is dissolved. Skim carefully. Leave some days before using.

PRESERVED APRICOT JAM.

2 lbs. Preserved Apricots.
4 quarts Water.

5 lbs. Sugar.

Soak the apricots for 24 hours in the water ; boil for $\frac{1}{2}$ hour. Add the sugar and boil up. Makes about 12 lbs. of jam.

GENERAL RULES FOR BOTTLING FRUIT OR VEGETABLES.

1. Use good, *clean, white sugar* for fruit.
2. Have the *fruit* wiped clean with a damp cloth and well dried. It must be fresh and sound. If peeled and cut, all unsound parts must be cut clean away. Only large fruits should be cut. Place in cold water directly they are cut or peeled, to prevent discoloration.
3. Have the *bottles heated* before using, and while filling stand them on a folded towel. These precautions are necessary to prevent the cracking of the bottles.
4. Be careful to *exclude all air*. To ensure this fill the bottles to the very top with syrup or fat (if fat is used for the top covering). Screw on the tops and seal up without delay.
5. Put away in a *dry, cool place*. Stand the bottles upside down if possible. Of course if fat is used for a top covering the bottles must be kept right side up. Examine them from time to time.

TO PRESERVE FRUIT IN SYRUP.

To each quart of water allow from $\frac{1}{2}$ to 1 lb. of sugar. (Some fruits require more sugar to sweeten than others.) Make a syrup by boiling for 20 minutes. Put the fruit in the boiling syrup, which should be well skimmed and strained if wanted particularly clear. Do not let the fruit get too soft : a few minutes do for the smaller fruits. If the fruit is already very soft, do not cook it at all. Have ready some heated bottles, and fill them with the fruit and the boiling syrup. If the patent bottles are used, screw on the lids immediately. If ordinary bottles are used care must be taken to exclude the air. This is commonly done by pouring a thick layer of a mixture of melted mutton and beef fat over the tops of the bottles, and then covering with paper as for jam ; or, cover with pieces of bladder. The bottles must be covered while still hot. If paper is used to cover, use a paste of raw flour and water mixed to the consistency of cream. Some people cover the syrup with pure olive oil, which serves as well as the fat to exclude the air, but is not so economical.

Test the patent bottles by turning upside down, allowing them to stand so for a time. If they leak in the least heat up again, and seal the leak with wax or any substitute.

TO PRESERVE FRUIT IN BOILING WATER.

Have the bottles dry and hot. Have the fruit dry and unbruised. Fill the bottles with fruit ; cover the fruit with water that is boiling, and then fill up the bottles with a mixture of melted mutton and beef fat (2 lbs. of mutton fat to $\frac{3}{4}$ lb. of beef fat). Cover immediately with paper and a paste of raw flour and water.

TO PRESERVE FRUIT WITH SALICYLIC ACID.

1 oz. of acid to 3 galls. of water and 3 lbs. of sugar. Boil the sugar and water for 20 minutes. Then let

it cool, and when quite cold, add the acid dissolved in a little boiling water. Stir well and then bottle. Put the fruit raw into the cold syrup. The fruit must not be too ripe and must be clean, dry and unbruised. Bottle and cork.

TO PRESERVE PEARS IN SYRUP.

Peel, cut in halves or quarters, and core, after cleaning the fruit by wiping with a damp cloth. Put the cores and skins on with some cold water and boil up. Put the cut pears (if they are of the hard kind) in boiling water and boil till tender, taking care not to boil too long, or the pears will break. The time depends on the kind and ripeness of the pears. They must not be too ripe. Take out the pears, add the sugar (1 lb. to 1 quart) to the liquor they were boiled in, to which the strained liquor from the skins and cores has been added. Boil 10 or 15 minutes and strain. Return the syrup to the pan, add the pears, just bring to the boil, and then bottle as directed above.

If the pears are of a soft kind it will be sufficient to cook them in the syrup only, like peaches.

If the syrup is too thick, it may be thinned by adding boiling water. If too thin, reduce it by further boiling.

It may be flavoured with the juice of a lemon and its thinly-pared rind, and 1 oz. of whole ginger to each 2 lbs. of pears.

TO PRESERVE PEACHES.

Wipe the peaches (which should not be too ripe) with a damp cloth. If wanted particularly nice, skin them. If large, they may be cut in halves and stoned. Make a syrup, using from $\frac{1}{2}$ to $\frac{3}{4}$ lb. of sugar to 1 quart of water. Boil the skins in the syrup for 20 minutes. Strain, and return the syrup to the pot. Cook the

peaches in this syrup till tender (6 or 7 minutes usually answers, unless the peaches are very hard). Bottle as directed above.

ANOTHER PRESERVING SYRUP.

To every quart of water add $\frac{3}{4}$ lb. of sugar and 1 dessertspoon of vinegar. Boil 15 minutes. Add the vinegar, boil a minute or two longer and proceed as in recipes given above.

CANDIED FRUITS.

Make a syrup of 1 lb. of sugar to 1 quart of water. More sugar may be used if liked. Boil the fruit in this syrup as for preserving. Drain it. Sprinkle with crystallised sugar and dry slowly either in the oven (with the door open) or in a hot sun. Some soak the fruit before boiling for 12 or 24 hours in lime water (1 dessertspoon of lime to 1 quart of water).

TO PRESERVE FRENCH BEANS FOR WINTER USE.

Have young beans and place them in a wooden receptacle in layers three inches deep with a thin layer of salt between. Cover with a plate or cover of wood and put a heavy weight on it. When wanted for use, soak the beans in cold water for a few hours and then cook as usual.

TO PRESERVE PEAS OR BROAD BEANS.

Allow 1 oz. of salt to 1 quart of water. Boil for 20 minutes. Place some of this water in a pan and when boiling add at one time sufficient peas or beans to fill one or two preserve bottles. Allow them to boil for about five minutes, lift with a strainer and fill into the bottles. Then pour over the boiling salted water from the other pan. Seal carefully in the same way as the preserved fruit. Great care must be taken to exclude the air or the vegetable will not keep long.

TO PRESERVE WHOLE TOMATOES FOR WINTER USE.

Fill a stone jar with very sound, ripe tomatoes. Place a few cloves and a sprinkling of sugar between each layer. Cover with a mixture of equal parts of cold vinegar and cold water which has been boiled. Place a piece of thick white flannel over the jar, letting it fall well down into the vinegar. Then tie over the jar a cover of brown paper. These will keep for a long time and will not be harmed even if the flannel collects mould.

Pickles, Chutneys, Sauces.

MIXED PICKLES.

Take different vegetables, such as *French beans*, small *cucumbers*, sprigs of *cauliflower*, white *onions*, *nasturtium* seeds, etc. Make a pickle of salt and water that will float an egg. Pour it over the vegetables and let them lie for 2 days. Then put some cabbage leaves in the bottom of the pan and put in the vegetables and brine. Let them get hot, but do not boil. Take out and drain. Replace in the pot on fresh cabbage leaves. Cover with vinegar and water in equal quantities. Shake a handful of salt over and cover with cabbage leaves. Cover with a lid and keep hot till they are green all over, but do not boil. Drain; bottle and pour over them vinegar boiled with sliced ginger, a little mace, mustard seeds, peppercorns, etc. Cork and seal.

In using cloves for pickles or preserves remove the blossom end, as it will darken the liquid, and spoil the colour of red cabbage.

PICKLED RED CABBAGE.

Slice the cabbage very thinly into strips. Sprinkle well with salt and set aside for 2 days. Drain off the

salt liquor that forms. Bottle the cabbage and pour over it a pickle of vinegar that has been boiled with seasonings as given in preceding recipe. Cover till cold, then cork well.

PICKLED ONIONS.

Have small round onions. Peel off the outer skin and steep in strong salt and water for 3 or 4 days, changing the water several times. Drain, wipe dry and then put into boiling milk. Let the milk grow cold, then drain and dry each onion with a cloth. Bottle and pour over them white vinegar in which white peppercorns have been boiled. Cork well.

PICKLED BEETROOT.

To 1 quart of vinegar allow $\frac{1}{2}$ oz. of whole pepper and $\frac{1}{2}$ oz. of allspice. Boil the vinegar for 10 minutes with the pepper and allspice. When cold, pour it on the beet, which should be cut into slices $\frac{1}{2}$ inch thick.

To prepare the beet, wash well, taking care not to break the skin or it will bleed and lose colour. Place in boiling water with a handful of salt and simmer gently for $1\frac{1}{2}$ hours, or till three parts cooked. Peel and slice when cold.

Fit to use in a week.

The beet *may be baked* if preferred.

PICKLED NASTURTIUMS (like Capers).

One quart vinegar, 2 oz. salt, 12 peppercorns. Put the nasturtiums, ripe and dry, in a bottle; fill up with vinegar, salt and peppercorns in above proportions. Cork well, and use next season.

PICKLED CUCUMBERS.

Vinegar to cover the sliced cucumber, some whole pepper and bruised ginger. Sprinkle salt over thickish slices and let it stand all night. Next day drain them all the morning; place in a jar, and pour the boiling

vinegar over them. Keep in a warm place for about an hour. Pour off the vinegar and boil it up with peppercorns and bruised ginger; pour it over the cucumber and cork or tie down with bladder. Fit to use in a few days.

PICKLED PLUMS.

Six lbs. hard Orleans plums. Cover with *vinegar*. Drain off the vinegar and take equal measure of *sugar*. Boil *vinegar, sugar, 1 stick cinnamon, 1 oz. cloves, $\frac{1}{4}$ oz. mace, a nutmeg* grated, a little *allspice*. Boil 20 minutes, and while boiling, pour over the plums. In 3 days simmer the whole gently for 8 minutes. Turn out and cool carefully. Bottle and cork. If wanted hot, use whole pepper instead of cinnamon.

TO PICKLE APPLES, PEACHES OR PEARS.

For 7 lbs. of fruit use 4 lbs. sugar, a few blades of mace, a stick of cinnamon, a few cloves (without the blossom end). Boil the cinnamon and cloves in the vinegar and add the sugar to it, after straining out the spices. Cook the fruit in the syrup till it is tender enough to pierce with a straw, but do not let it lose its shape. The peaches should be fairly ripe.

TO PICKLE GREEN TOMATOES.

To 6 lbs. green tomatoes (picked before the frost has toughened them) use 1 quart vinegar, $\frac{1}{2}$ lb. brown sugar (or 1 cup of black treacle), $\frac{3}{4}$ lb. onions, $1\frac{1}{2}$ teaspoons cloves, 2 teaspoons peppercorns, 1 teaspoon ginger, 1 teaspoon cayenne pepper, $\frac{1}{4}$ lb. raisins. Slice the tomatoes into an earthenware dish; sprinkle each layer with salt. Let them remain all night. Then boil up the vinegar and spices. Drain the tomatoes, and add them with the onions to the strained vinegar. Simmer until very tender. Bottle and cover when cold. Nice to use with steaks and roast beef.

TO PICKLE MUSHROOMS.

Button mushrooms are best for pickling. Rub them clean with a piece of flannel dipped in salt. Set in a pan with mace, pepper and salt, and as the juice comes out shake them well. Let them remain on the stove till the juice is absorbed again. Then cover with vinegar; slightly simmer them. When nearly cold put into glass jars and tie down.

TO PICKLE WALNUTS.

Prick over 100 walnuts. Put them in a brine of 6 oz. of salt to 2 quarts of cold water. Change the brine every 3 days for 9 days, and keep stirring them about. Take the walnuts out, drain them and expose them to the sun till black. Boil up 2 oz. black pepper, 3 oz. ginger, 3 oz. cloves, 2 oz. mustard seed and a few blades mace in 2 quarts of vinegar for about 10 minutes. Strain this and pour it over the walnuts, which should have been placed in glass bottles.

APPLE OR GOOSEBERRY CHUTNEY.

Four pints of green gooseberries or 4 lbs. of apples, $\frac{1}{2}$ lb. of sultanas, $\frac{3}{4}$ lb. stoned raisins, $\frac{1}{4}$ lb. mustard, $\frac{1}{4}$ lb. garlic, 6 oz. ground ginger, 1 lb. (or more) brown sugar, 6 oz. salt, $\frac{3}{4}$ oz. cayenne. (If liked very hot, use more mustard and cayenne.) Chop fruit up finely, mix well and add 2 quarts of vinegar. Boil till soft. Rub through a sieve. If not a good colour add a little turmeric.

APPLE AND TOMATO CHUTNEY.

Four lbs. sour apples (weighed after peeling and coring), 4 lbs. tomatoes, 2 lbs. onions, 1 lb. brown sugar, $\frac{1}{4}$ lb. garlic, 2 tablespoons salt, 1 teaspoon (or more) of cayenne. Cover with vinegar and boil slowly for 5 hours.

APPLE AND PLUM CHUTNEY.

Four lbs. apples (peeled and cored), *2 lbs. plums*, *12 oz. brown sugar*, *1 lb. onions*, $\frac{1}{2}$ *lb. sultanas*, $\frac{1}{4}$ *lb. salt*, *3 oz. mustard*, *1 oz. ground ginger*, $\frac{1}{2}$ *oz. cayenne pepper* (or $\frac{1}{4}$ *oz.*), *2 quarts vinegar*.

Stone the plums, chop fruit finely, and simmer for 4 hours.

GOOD SWEET CHUTNEY.

$1\frac{1}{2}$ *lbs. apples*, *1 lb. sugar*, *1 lb. raisins* (stoned), $\frac{1}{4}$ *lb. salt*, $\frac{1}{4}$ *oz. cayenne*, $\frac{1}{4}$ *lb. whole ginger* (well bruised and put in a muslin bag), $\frac{1}{4}$ *lb. lemon peel*, $\frac{1}{4}$ *lb. citron peel*, *6 oz. shallots*, *2 oz. garlic*, $\frac{1}{2}$ *teacup of gooseberry or plum jam*, *1 quart vinegar*. Chop or mince ingredients, cover, and simmer or cook in an oven very slowly for a long time until quite reduced to a pulp. Do not let it boil. If too thick add more vinegar. Ready to use in 3 weeks. The ginger must be removed before it is bottled.

MUSHROOM CATSUP.

Wipe mushrooms with a piece of flannel dipped in salt. Place them in layers with a sprinkling of salt between each layer in an earthenware dish, and cover with a damp cloth of several thicknesses. Let them stand in a warm place for 36 hours; then mash and strain. To each quart of juice add *1 oz. of peppercorns*, and boil this for 30 minutes; add *1 oz. each of allspice and whole cloves*, $\frac{1}{2}$ *oz. ginger root*, *1 blade of mace*. Simmer for 15 minutes. When cold strain and bottle.

TOMATO SAUCE.

Twelve lbs. tomatoes, *1 oz. garlic*, *2 lbs. onions*, $\frac{1}{2}$ *oz. ground ginger*, $\frac{1}{4}$ *lb. salt*, *1 teaspoon cayenne*, $\frac{1}{2}$ *teaspoon cloves* (tied in muslin), $\frac{1}{2}$ *lb. sugar*, *1 quart vinegar*. Skin the tomatoes and onions, slice, and boil with the cloves till soft. Stir well. Press through a colander. Add

other ingredients, and boil smartly for about 1 hour till of right consistency. Stir well with a wooden spoon. When done, pour at once into an earthenware dish, and bottle when cold. Cork well, and it will keep for years. An enamelled pot is the best to use.

PLUM SAUCE.

9 lbs. plums, 3 lbs. sugar, 5 pints vinegar, 3 teaspoons cayenne, 3 teaspoons ground ginger, 3 teaspoons cloves, 3 teaspoons black pepper, 2 tablespoons salt, a few blades of mace, and a couple of handfuls of garlic. Remove the stones and boil all together till reduced to a pulp. Sieve and bottle.

Beverages.

FRUIT SYRUPS.

Syrups may be made from any kind of fruit with water and sugar varied in quantity according to the kind of fruit. For *strawberries* and *raspberries*, after washing gently in streaming water, put them on in a boiler with *half their bulk of sugar* and heat till the fruit becomes soft (an hour or longer). Then drain through a jelly bag without squeezing. Return the juice to the pan and heat it for 1 hour at 200 degrees Fahrenheit, but do not allow it to boil at all. Just let it steam a little, if no thermometer is available. Then bottle up tightly if wanted to keep. Use one-half tumbler of juice and one-half of water. A little citric acid may be added if liked.

ORANGE SYRUP.

Use the juice of 1 lemon to each pint of fruit. Make as above.

CURRANT SYRUP.

Use $\frac{3}{4}$ bulk of sugar instead of half. Make as above.

PEACH, Etc., SYRUP.

For peach, apricot, apples, etc. syrup, use half their bulk of water. Make as above.

GRAPE SYRUP.

Make like strawberry syrup. See above.

RASPBERRY VINEGAR.

Four pints raspberries, 1½ pints white vinegar. Bruise the fruit in a large basin. Pour the vinegar over it and let it stand 36 hours. Then drain slowly (without squeezing) for a night. To each pint of juice allow from $\frac{3}{4}$ to 1 lb. of sugar. Boil up for 3 or 4 minutes. Bottle when cold, and seal.

BLACK CURRANT VINEGAR.

To 5 lbs. of black currants allow a little more than 1 quart of vinegar (white). Make like raspberry vinegar; but boil the syrup from 10 to 15 minutes. Some add 1 small glass of whisky or brandy to every quart of the vinegar when made. Bottle and seal.

STRAWBERRY VINEGAR.

To 4 lbs. of fruit, use 1 quart of white vinegar: make like raspberry vinegar. The strawberries may be added to the vinegar as they ripen if the full quantity is not available at first.

LEMON SYRUP.

Two oz. citric or tartaric acid, 3 lbs. sugar, 1 teaspoon essence of lemon, 2 quarts boiling water. Boil the sugar and water for a few minutes. Add the acid, and when that dissolves, strain all into a basin. Add the essence and bottle when cold.

LEMON OR ORANGE SYRUP.

About 3 dozen oranges or lemons, $2\frac{1}{2}$ oz. of citric or tartaric acid, 1 quart cold water, 3 lbs. loaf sugar. Squeeze the juice from the fruit, add the water and acid to the juice and pulp, also the sugar. Strain through a jelly bag and then bottle up. Some prefer to omit the acid.

BOSTON CREAM.

Two lbs. sugar, $4\frac{1}{2}$ pints boiling water, juice of 2 lemons or 2 teaspoons essence of lemon, 2 oz. tartaric or citric acid, 3 whites of eggs. Boil the water and sugar for a minute or two. Stir in the acid. When nearly cold add the essence of lemon juice and stir in the beaten whites. Beat up and then bottle. Cork well. To use, take 2 or 3 tablespoons of cream to a large half-tumbler of water and about $\frac{1}{2}$ a teaspoon of baking soda. Stir and drink.

SUMMER DRINK (SHERBET).

Quarter lb. tartaric acid, $\frac{1}{4}$ lb. carbonate of soda, $\frac{3}{4}$ lb. powdered sugar, about 16 drops of essence of lemon scattered over the mixed powders, and a little powdered ginger (if wished). Mix well and bottle. To a tumblerful of cold water use a teaspoon of the powder.

FRUIT SALTS.

Quarter lb. cream of tartar, $\frac{1}{4}$ lb. carbonate of soda, $\frac{1}{4}$ lb. tartaric acid, $\frac{1}{4}$ lb. powdered sugar, $\frac{1}{4}$ lb. Epsom salts, 2 oz. magnesia. Mix well and keep dry in a well-corked jar. Use 1 to 2 teaspoons in a glass of water.

HERB BEER.

Two oz. whole ginger, 2 lbs. brown sugar, $2\frac{1}{2}$ oz. hops, $\frac{1}{2}$ breakfastcup golden syrup, 3 sprigs of horehound, a dandelion root, 10 quarts water. Boil all together for

1½ hours. Strain and cool in a tub. Add ½ cup of yeast. Let it stand for 2 days; then skim well and bottle. Tie the corks well.

HOP BEER.

Four oz. hops, 7 lbs. treacle, 1 oz. whole ginger, 5½ gallons water, 1 cup of brewer's yeast. Mix (all but the yeast) and bring to the boil. Boil for 2 hours. Transfer to a tub and let it cool a little. Add a cup of brewer's yeast and stir it well. Let it stand in the tub for 16 hours. Then put it in a barrel and let it stand for 2 days with the bung out and slightly cant the barrel. Then bung closely. Fit for use in a week.

GINGER BEER.

Three lbs. sugar, ¼ lb. rough ginger, 1½ oz. cream of tartar, juice of 3 lemons, 1 teaspoon yeast, white of 1 egg, 2 gallons boiling water. Bruise the ginger well and boil it for 20 minutes in the water. Add sugar, lemon juice, and strain. When cool, add the cream of tartar, yeast and white of egg. Stir well. Let it stand for 12 hours. Then bottle and cork well.

CHILI BEER.

Two gallons of water, 20 chilies, 3 lbs. sugar, 2 oz. cream of tartar, juice of 2 or 3 lemons, 2 tablespoons yeast. Boil the chilies in 3 quarts of water for 20 minutes. Add sugar and cream of tartar. Strain; add the rest of the water, the strained lemon juice and the yeast. Bottle, cork, and tie down at once.

BARLEY WATER.

Wash and scald 2 tablespoons of barley. Put it with 8 breakfastcups of boiling water, and let it simmer gently for 2 or 3 hours. Strain and cool. Sweeten and flavour to taste. *Lemon flavouring* is best.

OATMEAL WATER.

Two tablespoons oatmeal, 8 breakfastcups of boiling water. Mix the oatmeal with a pinch of salt and some cold water. Add the boiling water. Simmer 1 hour. Strain. Mix with a little milk and drink hot or cold. If used without milk, *flavour with lemon.*

SIMPLE HOME-MADE WINES.

Wines may be made from almost any juicy fruit. Gather the fruit in dry weather. Put it into a tub and bruise it well with a wooden masher or mallet. Then cover with boiling water. Throw a cloth over the tub and let it stand from 1 to 3 weeks. Then strain off the liquor. For 1 gallon of liquor allow 3 lbs. of sugar. Stir the liquor and sugar well together and let it ferment either in a tub or in a cask with the bung out. Let it work for about 10 days, filling up the cask with some of the liquor that has been kept back for the purpose. When it has done fermenting, put 1 oz. of isinglass and $\frac{1}{2}$ lb. raisins to about 9 gallons. Bottle in about 6 months. It is all the better for keeping. Whisky or brandy may be added after the *fining* or *clearing* if desired.

To fine or clear wines the whites of eggs, isinglass, or gelatine is used. The process is the same for all : Draw about 1 gallon of the wine ; whisk the whites of 3 or 4 eggs with about 1 quart of it (or soak the gelatine in 1 quart till dissolved), and pour this into the cask. Stir the contents of the cask well. Pour in the rest of the wine drawn, filling the cask. Stir again, and skim off the bubbles which rise. Close the bung-hole, and let it stand for 3 or 4 days. Strain off into bottles.

LEMON WINE.

The juice of 3 lemons, 2 cups of boiling water, 2 wine-glasses of wine, 2 or 3 eggs. Wash the lemons and pare the rind thinly, taking none of the white part. Put

the pulp and juice of the lemons with the rind, boiling water, and sugar to taste. When cold, strain, add the wine and beaten eggs. A very nourishing drink.

RHUBARB WINE.

To 10 lbs. of rhubarb pulp allow 2 gallons of cold water. To every 2 gallons of liquor strained from it allow 6 lbs. of sugar, 1 oz. of isinglass and 2 lemons. Bruise the rhubarb in a wooden tub to a pulp. Weigh it and add the water. Let this stand 36 hours, stirring often. Strain and add the sugar and lemon rind. Stir well and allow it to ferment for a week till the fermentation subsides. Strain off into a cask. If it ferments again, strain off again. Put the bung in loosely. After a week or two put the bung in tightly. It may be bottled, and improves by keeping.

GINGER WINE.

To every gallon of cold water use 3¼ lbs. sugar, 1½ oz. bruised ginger, 2 lemons, 2 Seville oranges, 1 sweet orange, 1 oz. split raisins. Slice the oranges and lemons thinly. Squeeze all the fruit and put the juice, peel, etc., into a tub and stir well at intervals for 2 or 3 days till the sugar is dissolved. Strain into a cask and add a little yeast. Do not stir again. Have the cask not quite full, for it will work up. In about a week fill the cask and cork. It will be ready in 3 or 4 months. The white part of the rind of the fruit may be omitted.

CLARET CUP.

One bottle of claret, 1 wineglass of curaçoa, ½ wineglass of brandy, 2 bottles of lemonade, 2 bottles of soda water, 4 tablespoons sifted sugar, the fine parings of ½ lemon peel, a spray of borage, 1 lb. of ice. Mix all together. Stand in ice for a quarter of an hour.

TEA.

To make good tea, have the water *freshly boiled* and the pot heated. Allow 1 *teaspoon of tea to each person* and if liked strong add another. Either pour the water over the leaves or put the leaves in after the water has been poured into the pot. Stir round in different directions for a second or two to help to open the leaves. Cover quickly and let it infuse *from 3 to 6 minutes*. If allowed to stand longer, injurious substances are drawn from the tea and the flavour is spoiled. If it has to be kept longer, pour through a fine strainer into another heated pot and keep warm ; but do not allow it to boil.

It is usually taken with milk and sugar ; but many prefer a *slice of cut lemon*.

COCOA NECTAR.

Dissolve 2 tablespoons of cocoa in 1 breakfastcup of good hot coffee. Add $\frac{1}{2}$ lb. sugar and 3 cups of water. Strain. When cold, flavour with vanilla, and when ready to serve pour into glasses, in each of which there should be 1 tablespoon of ice cream or whipped cream if the other is not available.

TEADE.

Pour a *quart of well-made strong tea* from the leaves. Add to it the *grated rind of 1 orange, the juice of 2 lemons and about 3 oz. sugar*. Strain and add slices of orange, pineapple, or a few whole strawberries. Just before serving pour into the teade a newly-opened bottle of soda-water.

COFFEE.

Have the coffee *freshly ground*, if possible. Allow from 1 *tablespoon to 5 tablespoons of coffee to 1 pint of water*. The quantity depends on the strength desired and on the amount of milk to be added. Three table-spoons of coffee to the pint is a *good average* when half

coffee and half milk is used (*Café au lait*). Some sprinkle the coffee with a few grains of salt before adding the water.

Café Noir is made very strong, with sugar and brandy or other liqueurs added, according to taste, but neither cream nor milk. It is handed round in small cups after dinner.

WAYS OF MAKING COFFEE.

1. Pour boiling water over the coffee and allow it to infuse for 10 minutes. *Do not allow it to boil*, but keep very hot. Have the pot in which it is made well heated before putting the coffee in it. After infusing, pour out 1 cup and then pour it back quickly; allow it to stand a minute or so to settle. Then gently pour it through a strainer into warm cups. A tablespoon of cold water poured in helps to settle the grounds.

2. Heat a jug; have a *bag of fine muslin* or flannel made to fit over the top of the jug. Scald this bag, put the coffee in it and gradually pour over it the boiling water. Let it stand for 8 or 10 minutes. Then remove the bag.

3. If the coffee is wanted particularly clear *use isinglass or the white and shell of an egg*; whisk up, let it settle and strain.

4. Allow 2 level teaspoons of coffee to each breakfastcup required. Add the required quantity of cold water and milk (half of each or more milk if possible). Put all into an enamelled pot and bring it gently to the boil, but do not let it boil. Clear it in the usual way.

ESSENCE OF COFFEE (No. 1).

One lb. coffee, 1 quart boiling water, 1 teaspoon chicory, a little burnt sugar. Pour boiling water on coffee and chicory. Cover well and strain slowly. Bring the liquor almost to boiling-point; add 1 cup more boiling

water and pour again over coffee, etc. Cover again and strain slowly. Add burnt sugar to colour nicely. Bottle and seal well. Use 1 tablespoon to 1 cup boiling water or milk.

ESSENCE OF COFFEE (No. 2).

Simmer $\frac{1}{4}$ lb. of coffee in 1 quart of water for 3 hours. Strain and bottle. This is not so good, as coffee is not improved by being boiled, and it is rather difficult to keep it just below boiling point.

ESSENCE OF COFFEE (No. 3).

Half lb. best ground coffee, 2 oz. chicory, $2\frac{1}{2}$ lb. pure cane sugar. Put the coffee and chicory into a pan with 6 tumblers of cold water, and let it soak for 2 hours. Then bring it to the boil and simmer for half an hour. Strain through a fine muslin. Clean the pan, put in juice and sugar, and boil for 20 minutes. Bottle when cool.

COFFEE EXTRACT (for Cake, Jellies, etc.).

Beat 1 egg, add 1 cup cold water and mix. Add 1 cup of ground coffee and mix well. Add 4 cups of boiling water, boil 5 minutes, and let it drip slowly through a jelly bag.

Invalid Cookery.

1. Food for invalids must be *nourishing, digestible*, well cooked and well served. Tender roast beef, nicely grilled steak or chops, chicken, boiled fish (if not too rich), oysters, lightly-cooked eggs, strong soups, beef tea, jellies and light puddings may all form part of the diet in turn. Milk contains all the necessary food constituents, and is therefore a perfect

invalid's food if perfectly fresh ; but it is sometimes found to be rather heavy if taken by itself. Half milk and half soda-water, or milk with about $\frac{1}{8}$ part of lime water, may then be recommended.

2. Use as little as possible of baking powders, powdered acids, and seasonings for invalid cookery. Lemon juice may be substituted for acids and flavourings where possible.

3. Do not serve warmed-up food to an invalid. Everything but broths should be freshly cooked.

4. Do not leave food of any sort in the sick-room. Be careful to exercise most scrupulous cleanliness. Serve everything in as dainty and appetizing a way as possible.

BEEF TEA (No. 1).

One pound of gravy beef (good skirting will do) to 1 pint of cold water. Remove the fat and skin, cut the meat up small, put it in a jar with a little salt, and pour the water over it. Let it stand 3 or 4 hours covered over. Then *simmer slowly* in a jar placed in a pot of boiling water for 4 or 5 hours ; or it may be steamed or cooked in the oven. Strain, remove all fat with blotting paper, or let it grow cold and then remove the fat. Serve hot with sippets of toast.

BEEF TEA (No. 2), quickly made.

If wanted quickly, chop the beef finely. Soak it for 15 minutes in 1 pint of cold water to the pound of beef. Place it in a saucepan and bring it gradually to the boiling-point. Then let it simmer for 10 minutes. Serve with a little salt.

RAW BEEF TEA.

This is useful in cases of blood-poisoning or bad fever. Place a quarter of a pound of finely-minced beefsteak with a gill or teacup of cold water. Let this soak for 20 minutes, then strain and serve. So that the patient may not see the unpalatable dish give it in spoonfuls or through a tube.

BEEF ESSENCE (No. 1).

Make like beef tea, but omit the water or use just a very little. Cook slowly for 4 or 5 hours.

BEEF ESSENCE (No. 2).

If wanted quickly, slightly grill a juicy piece of steak, score it well and squeeze the juice out of it with any handy appliance. Of course this only does for a small quantity.

RICE FLOUR GRUEL.

Wet 1 tablespoon of rice flour. Stir into boiling water (about 1 pint) and cook 5 minutes.

OATMEAL GRUEL.

Soak 2 tablespoons of oatmeal in 2 breakfastcups of milk or water for about $\frac{1}{2}$ hour. Stir up and strain. Pour into an enamelled pan, add a little salt and simmer till of a proper consistency for about 10 minutes, stirring well. Sweeten to taste. Also a grating of nutmeg and a tiny piece of butter may be added.

QUAKER OATS WITH EGG.

Make rather thin with milk instead of water. Cook in a double boiler on an asbestos mat to prevent burning. When cooked and just off the boil stir in a beaten egg.

LINSEED TEA FOR COLDS.

Simmer $\frac{1}{4}$ lb. linseed and $\frac{1}{2}$ stick of Solazzi liquorice in 5 breakfastcups of water for 2 or 3 hours. Strain and add the juice of a lemon or vinegar, some brown sugar and three pennyworth of paregoric. A piece or two of whole ginger may be boiled with the linseed.

LIME WATER.

Pour boiling water over some lime. Let it stand well-covered for 24 hours. Filter and bottle. Keep well-corked. Useful with milk in cases of weak digestion.

ALBUMENIZED MILK OR WATER.

Beat up the *white of an egg* with a *cup of milk* or *water* till all is frothy. Made with water, it will often arrest vomiting.

A CUP OF ARROWROOT.

Two teaspoons of arrowroot, moistened with *2 table-spoons of cold milk*. Stir the milk in gradually till it is quite smooth. Then pour in gradually a breakfastcup of boiling milk, and place it in a small, perfectly clean saucepan and stir over the fire for 4 or 5 minutes. Sweeten to taste.

BREADCRUMB PUDDING.

Put a thin slice of bread into a cool oven. When quite dry and hard roll it with a glass bottle till it is finely powdered. Pour 3 tablespoons of hot milk on the crumbs. Add a beaten egg and a dessertspoon of sugar (and a few sultanas if desirable.) Beat up well and boil in a buttered basin about half-an-hour. May also be baked.

TEACUP CUSTARD PUDDING.

A teacup of milk made hot with 1 dessertspoon of sugar must be poured gently to a well-beaten egg, stirring all the time. Place in a buttered cup and steam for 10 or 15 minutes.

BAKED MILK FOR INVALIDS.

Can be taken when raw milk disagrees. Place sweet milk in a stone jar. Tie paper over the top and stand in a cool oven for 5 or 6 hours. It should be of the consistency then of thick cream. It may also be boiled slowly in a pan of water.

TO STERILIZE MILK.

For immediate use.—Put into a double boiler. Heat till a scum forms over the top; then keep at that temperature (about 190 degrees Fahr.) for 1 hour. Do not let it boil. Place in a vessel that has itself been sterilized by being boiled in water. Cool quickly by putting the vessel in cold water. Cover up, if not wanted for some hours; for, if exposed to the air again, all the work will be undone. Cotton wool is a good thing to cork it with, as this acts as a strainer for bacteria.

If not wanted for immediate use.—Fill bottles, use stoppers of cotton wool, put in cold water, and bring it gradually to a heat of 190 degrees Fahr. Keep it at this for an hour. Repeat for 3 successive days. If efficiently protected from the bacteria in the air, it should keep indefinitely.

RICE WATER.

Three tablespoons of rice, 1 quart of boiling water. Boil for 1 hour. Strain, sweeten and flavour to taste. Good for *diarrhœa*, *dysentery*, etc.

BOILED OR BAKED FLOUR.

To boil flour.—Fill a basin and press it down tightly. Tie a cloth over and boil it as you would a pudding for 4 or 5 hours. Scrape off the outside and store the flour in a jar.

Or, *bake it slowly in the oven* for 4 hours or so. It may be used for gravies, for porridge, pudding, etc. It is *very nourishing* and easily digested.

Boiled with milk (1 dessertspoon to a cup of milk) for a few minutes, it makes another good remedy for *diarrhœa*.

CHICKEN BROTH.

Cut a chicken up small and break the bones. Soak in cold water for an hour. Then simmer for 2 hours covered closely. Then boil for 2 hours. Strain and

cool. When cold, remove the fat. Warm up when needed. Salt slightly.

For a convalescent, herbs and flavourings, rice, barley, bread, etc., onion, celery, parsley may be added.

CHICKEN CREAM.

Quarter of a lb. minced cooked chicken, 1 egg, a little butter, seasoning to taste, $\frac{1}{2}$ breakfastcup cream.

Mix well and steam for 30 minutes in a small buttered mould.

EGG CREAM.

Two eggs, 2 oz. sugar, $\frac{1}{2}$ lemon.

Beat the yolks and sugar, then add the grated rind and lemon juice. Stir in a basin placed over a pot of boiling water. When it begins to thicken, add the beaten whites and stir till it is like thick cream. Serve cold in small cups or custard glasses.

PEACH FOAM.

Peel and cut up 3 or 4 ripe peaches quite small. Beat up for $\frac{1}{2}$ hour or so to a smooth pulp with $\frac{1}{2}$ cup powdered sugar and the white of an egg.

WINE JELLY.

See under "Jellies, Creams, etc."

SHERRY AND EGG.

Beat an egg with some sugar slightly. Add 2 table-spoons of sherry and $\frac{1}{4}$ cup of cold water. Strain and serve.

DANDELION TEA.

Take 6 or 8 dandelion roots. Wash and scrape off a little of the skin. Cut up very small and pour over them a pint of boiling water. Let this stand till next

day ; then strain it through a cloth. One wineglass is a dose. It is a very good tonic and acts on the liver and kidneys. This tea will only last good for 2 or 3 days.

PORT WINE NEGUS.

One pint port wine, 1 quart boiling water, 1 lemon, $\frac{1}{4}$ lb. sugar, grated nutmeg.

Grate the lemon rind, add it and the lemon juice to the wine and other ingredients. Pour boiling water over it, cover and let it cool a little.

MULLED WINE.

Half cup wine, $\frac{1}{2}$ cup water, 1 egg, 1 tablespoon of sugar, 1 or 2 cloves, $\frac{1}{2}$ -inch stick cinnamon.

Boil the water and spices for 10 minutes. Strain ; add the wine and heat up again, but do not boil it. Then add the beaten egg and sugar. Stir till of the consistency of cream.

Beer, ale, or porter may be mulled.

EGG DRINK.

One egg, 1 cup milk, flavouring.

Beat the egg with sugar to taste. Bring the milk nearly to the boil, and then stir it gradually into the egg, taking care that it is not so hot as to curdle the egg. Flavour with vanilla, brandy, etc.

Sundries.

FRUIT SALAD.

Two doz. bananas, 1 pineapple, 3 oranges or more, 2 lemons, passion fruit, powdered sugar. Slice the bananas thin, chop up the pineapple, pulp the oranges, take out the inside of the passion fruit. Add the sugar, the grated rind of 1 orange and 1 lemon, and

the juice of both lemons. Cover with sweetened whipped cream, and *decorate* with coloured jellies, pink sugar, or sweets, etc. Some add *wine* or *fruit syrup* or both to fruit salads.

Fruit salads may be made with any *fruit in season*.

CRAYFISH SALAD.

To *half a pound of picked crayfish* allow 2 *tablespoons of lemon juice*. Put this on ice or in a very cool place till ready for use. Serve as soon as possible on tender lettuce leaves (a leaf for each individual with the fish on it). Sprinkle a little salt and pour a good mayonnaise dressing over it, and then sprinkle with a little finely-chopped parsley. Or, the fish may be made the base of an ordinary good lettuce salad, the dressing poured over all.

CUCUMBER AND GREEN PEA SALAD.

Cut a large cucumber into thick slices of about 2 inches, hollow out enough of the seeds to form a little cup; pour a little dressing (or a mixture of oil, vinegar, salt and pepper) in the cup and fill each cup with cold cooked peas and pile them up. Stand each cup on a slice of beetroot, tomato or a lettuce leaf, and serve mayonnaise sauce or dressing with it. Any other cooked vegetable may be used instead of the peas.

ITALIAN SALAD.

Two lettuces, a dozen filleted anchovies, 2 teaspoons of parsley, 1 teaspoon of capers, 3 hard-boiled eggs, 1 small beetroot, 1 teacup of mayonnaise sauce, a little vinegar.

Dry the lettuce thoroughly in a cloth, shred it and sprinkle with salt and vinegar. Chop the parsley and capers, and roll the anchovies in a salad bowl. Garnish with the eggs cut in quarters, and beetroot cut in fancy shapes.

Or, cooked vegetables of any kind may be used.

CUCUMBER AND FRUIT SALAD.

One cucumber, a few bananas, ripe oranges, a little pineapple, 1 or 2 lemons or white vinegar, powdered sugar.

Peel and slice the cucumber and bananas; cut up the pineapple small, mix and add the lemon juice and sugar. If lemon juice is not available, use white vinegar. May be garnished with the whites of hard-boiled eggs if liked.

TOMATO SALAD.

Skin and slice tomatoes. Pour over the juice of lemons or white vinegar. Sprinkle with sugar, pepper and salt. Some prefer it without the sugar.

Or, pour over a *salad dressing*, and garnish with chopped parsley and hard-boiled eggs sliced.

SAVOURY SANDWICHES.

MINCEMEAT SANDWICHES.

One and a half lbs. steak, $\frac{1}{2}$ lb. butter, $1\frac{1}{2}$ teaspoons anchovy sauce, pepper, salt, nutmeg, ground mace.

Put the meat, butter, pepper and salt into a closely-covered pan and set it in boiling water, so that no water can get into the pan. Simmer in this way for 4 or 5 hours. Then put the meat through the mincer. Add the gravy and seasoning. Press firmly into a basin, and then use between slices of bread.

CHEESE SANDWICHES.

Quarter lb. cheese, 2 or 3 hard-boiled eggs, 1 oz. butter, seasoning.

Grate the cheese and pound the yolks of the eggs. Melt the butter, and mix all with a seasoning of pepper,

salt and a little mustard. Use the paste for spreading between thin slices of buttered bread. Water, lunch and milk biscuits are nice with cheese fillings.

HAM SANDWICHES.

One lb. minced boiled ham, 1 oz. butter, 1 egg, pepper and mustard, 2 or 3 potatoes.

Have floury potatoes (baked or boiled) mashed fine with the butter. Add the beaten egg to the potato. Then mix with the minced or pounded ham (potted ham does nicely); add a little mustard and cayenne pepper, and use between thin slices of buttered bread.

TOMATO AND SARDINE SANDWICHES.

One box sardines, 1 lb. tomatoes, 1 oz. butter, $\frac{1}{2}$ lemon.

Skin, bone and pound the sardines with butter, pepper and salt. Skin and slice the tomatoes thin. Spread a layer of the sardine paste on a slice of thin buttered bread. Cover with sliced tomato. Squeeze a little lemon juice over and sprinkle with powdered sugar. Place another slice of bread and butter on top. Press down firmly. Cut into neat shapes. Serve on a napkin, and garnish with parsley.

EGG AND GHERKIN SANDWICHES.

Boil the eggs hard. Pass the yolks through a sieve, and mix them with the butter, pepper and salt. Minee the whites fine; minee the gherkins. Mix all well together, and spread the mixture between slices of thin bread and butter.

TASTY COLD MEAT SANDWICHES.

Half lb. cold veal, beef or mutton, 1 tablespoon chutney, 2 small shallots, 2 oz. butter, mustard and cress.

Remove skin and fat from the meat, and mince or pound it well with 1 oz. of butter. Add a teaspoon of mustard, the chutney, and the shallot chopped small and fried a pale brown in the other ounce of butter. Season all and rub through a sieve. Spread the mixture over thin slices of buttered bread (brown bread is best), and sprinkle some mustard and cress over. Put slices of bread on top, press down and cut into neat shapes.

DISH WITH ASPARAGUS SANDWICHES.

One cup asparagus points, $\frac{1}{2}$ teacup whipped cream, $\frac{1}{2}$ teacup mayonnaise sauce or salad dressing, $\frac{1}{2}$ teacup aspic jelly, seasoning.

Rub the asparagus through a sieve when cold; add the sauce and jelly, which should be liquid, but not warm. When the mixture begins to set, add the cream and season. Make sandwiches with this purée between. Arrange them on a dish round a crisp salad, decorated with the whites of hard-boiled eggs cut into rings and slices of tomato.

POTTED CHEESE FOR SANDWICHES, TOAST, BISCUITS.

One and a half lbs. cheese, $\frac{1}{4}$ lb. butter, a pinch of ground mace, $\frac{1}{2}$ teacup Chablis wine, a pinch of pepper, clarified butter.

Grate the cheese and pound it with the butter, moisten with the wine, add the seasoning. Pot it and press down well. Cover with clarified butter and keep in a cool, dry place till required.

SALMON OR FISH SANDWICHES.

Half a pound cold boiled fish, 2 oz. butter, $\frac{1}{2}$ lemon, anchovy sauce, watercress.

Flake the cold boiled fish and pound it with the butter, a little anchovy and seasoning. Squeeze a little lemon juice (or white vinegar) over from time to time. Spread

over thin slices of bread and butter, sprinkle with watercress or nasturtium leaves, press slices together and cut into shape.

EGG AND SARDINE SANDWICHES.

Twelve sardines, 2 hard-boiled eggs, 1 oz. butter, 1 teaspoon lemon juice, pepper, mustard and cress.

Skin and bone the sardines; then pound them with the yolks only of the eggs and the butter slightly melted, the lemon juice and seasoning. Place between thinly-buttered slices of bread, and add a thin layer of mustard and cress if in season.

SHRIMP SANDWICHES.

$\frac{1}{2}$ pint picked shrimps, 4 eggs, $\frac{1}{2}$ teacup milk, 1 oz. butter, cayenne and 2 teaspoons of curry powder. Boil the eggs hard and pound the yolks fine. Chop up the whites, not too small. Mix the butter and curry powder smoothly, place in a small pot, and add the milk and let it nearly boil. Take from the fire and stir in the yolks and the shrimps. Season with cayenne if desired hot. Turn on to a plate and mix in the whites of the eggs and place between buttered slices of brown bread.

CHICKEN AND TONGUE SANDWICHES.

Quarter lb. of cold chicken to 2 oz. of cooked tongue and 3 tablespoons of mayonnaise sauce. Mince the chicken and tongue, season to taste, and mix with the sauce to make a paste. Spread slices of bread 4 inches square with the mixture and roll up tightly and press under a light weight for a few minutes to keep them in shape.

CHICKEN AND HAM SANDWICHES.

$\frac{1}{2}$ lb. cold chicken, 1 oz. butter, $\frac{1}{2}$ teaspoon pepper, grated nutmeg and salt to taste, 1 small teaspoon of lemon juice, 2 oz. minced ham, $\frac{1}{2}$ teaspoon minced parsley, $\frac{1}{4}$ teaspoon

minced lemon peel. Mince the meat and pound all the ingredients together. Place between slices of thin, buttered white bread.

FRUIT & SWEET SANDWICHES.

SPONGE CAKE SANDWICHES.

Slices of stale sponge cake loaves spread with lemon butter, preserve, chopped fruit or nuts and whipped cream make delicious sweet sandwiches. These may be cut into squares, fingers or triangles.

GINGER SANDWICHES.

Slice the preserved ginger very thinly and moisten it with cream. Put crisp lettuce leaves on one half of the buttered bread and the ginger and cream on the other. Press together lightly.

CHOCOLATE SANDWICHES.

Grate some chocolate and make it into a stiff paste with whipped cream. Add a few drops of vanilla to flavour and place between slices of thin bread and butter.

FRUIT SANDWICHES.

Thinly-sliced bananas, strawberries, stoned cherries and chopped orange, walnuts or almonds may all be used for fillings, with or without stiffly-whipped cream.

OTHER SWEET SANDWICHES.

Stoneless jam, jelly, honey, etc., sweetened apple pulp, thin slices of Genoa or Madeira cake spread with whipped cream, may be placed between white or brown bread and butter.

TO CLARIFY BUTTER.

Melt the butter in a clean saucepan. As the scum rises remove it, and, when the melted butter is quite clear, pour it off gently into jars, leaving any sediment behind. Be careful that it does not burn or brown.

TO CLARIFY DRIPPING.

Cut the dripping from the jar and take off any sediment. Then put it in a large basin, pour plenty of boiling water over it and stir till it is all dissolved. Let it stand till cold and firm. Scrape any sediment from the bottom of it, break it up and melt it in the oven. When cold it is ready for use. Use for frying; or use instead of butter for cooking purposes, if it is not flavoured with anything that has been used with it beforehand.

TO MELT AND CLARIFY FAT.

Cut up any pieces of suet or fat, put them in a pot and just barely cover with cold water. Boil until the fat looks shrivelled, but do not burn. When done, strain. Let it grow cold, then turn it out and scrape any sediment from the bottom. Use for frying, etc.

TO PREPARE BREADCRUMBS FOR FISH, CUTLETS, Etc.

Keep any stale bread, dry and harden in a cool oven, colouring it as little as possible. When hard and dry, break it down and roll out with a bottle or glass roller, crushing it to a fine powder. Sift and store away in covered bottles or jars. The coarser crumbs and crusts may be stored also and used for puddings.

FRIED BREAD FOR GARNISHING STEWS, Etc.

Cut stale bread into thin slices about $\frac{3}{8}$ inch thick. Stamp into pretty shapes, rings, diamonds, crosses, triangles, etc. Fry these sippets quickly to a golden brown in boiling lard or clarified dripping. Drain

till quite crisp before the fire. For a border, fry some light brown and some darker. Or when crisp, one side of the sippet may be dipped into the white of an egg (beaten stiff and a little flour mixed in), then arrange the sippets alternately, a pale then a dark one.

FAIRY BUTTER.

Two eggs, 2 oz. powdered sugar, $\frac{1}{4}$ lb. butter, 1 tablespoon of orange-flower water.

Boil the eggs hard. Take the yolks and pound them with the sugar and orange-water. Add the butter and force it through an old clean butter-cloth. It will drop on the plate in ornamental pieces, according to the holes in the cloth. Ordinary butter may be prepared in the same way.

ORNAMENTING WITH BUTTER.

Squirted butter for garnishing hams, salads, eggs. Squeeze the butter through a cone-shaped icing tube.

Scooped butter is made by dipping a teaspoon in hot water and then scooping the butter quickly.

Rolled butter is made by rolling small pieces of butter into rounds or shells with wooden butter pats sold for the purpose. Dip the pats into boiling water and then into cold, so that the butter will not stick to them.

ANCHOVY BUTTER.

Three or 4 anchovies, $\frac{1}{2}$ lb. butter, a little parsley.

Scald and chop the parsley, then pound all together, having washed and boned the anchovies. Make into little pats or mould in pretty shapes. Garnish with parsley.

MAÎTRE D'HÔTEL BUTTER.

Two oz. butter, 2 teaspoons of finely-chopped parsley, $1\frac{1}{2}$ teaspoons of lemon juice, salt and white pepper to taste. When cold and firm use for decorating.

GLAZES FOR DRESSING COLD MEATS, TONGUES, Etc. (No. 1).

Any strong clear stock jelly boiled down till it is as thick as cream, and jellies when dropped from a spoon. Keep it in a jar for use.

When the meat is to be glazed, put the jar of thick jelly in a pan of boiling water. When it has melted, brush it over the meat, which should be perfectly dry. Put on as many layers as are needed, always allowing one to grow cold before putting on another.

GLAZES FOR DRESSING COLD MEATS, TONGUES, Etc. (No. 2).

Use gelatine with extract of meat or the gravy at the bottom of the dripping jar to flavour, and a little water in which onion has been boiled. Have 1 *pint of liquid* to 1 oz. *gelatine*. Stir over the fire after straining or clarifying until thick enough. (See No. 1.)

CARAMEL FOR COLOURING BROWN.

$\frac{1}{2}$ lb. *sugar*, $1\frac{1}{2}$ *teacups of water*.

Put the sugar and about a tablespoonful of water into an old pot (untinned) and stir over the fire till it becomes a dark brown. Boil up and add the rest of the water; boil again and stir till like syrup, and when cold, bottle. It may be used either for sweet or savoury sauces.

TO MAKE CANDIED PEEL.

Save the skin of oranges or lemons. Soak them in slightly salted water for 3 or 4 days. Drain and boil in clean water till soft; try with a skewer. Make a syrup by boiling 2 cups of sugar with 1 cup of water for 5 minutes. Put the peel, which should have been drained again, in a basin; pour the syrup over it. Let this stand for 5 or 6 days, then strain off the syrup

and boil it up. Next put the peel into the boiling syrup and boil till it looks clear, for 15 or 20 minutes. Then spread the peel on a flat dish, put a little of the syrup in each hollow, sprinkle fine sugar over it and allow it to dry in a cool oven or in sunshine.

TO MAKE PORRIDGE.

1. *One teacup oatmeal, 3 breakfastcups boiling water, 1 teaspoon salt.* Sprinkle the oatmeal in gradually, stirring all the time or it will be lumpy. Boil for not less than 1 hour.

2. *Another way* is to mix the oatmeal with a little cold water. Then thin this with some of the boiling water and add it to the rest of the boiling water. Boil 1 hour or more.

3. *A third way* is to mix the oatmeal with a little cold water and let it stand overnight. Then stir it into the boiling water. It does not require so much boiling if soaked in this way.

4. If liked *thick* use less water or boil it for a longer time. If it needs to be thinned, add more boiling water and boil it up again.

5. Where milk is plentiful, porridge may be *made with milk* instead of water.

6. Serve with sugar, cream, milk or treacle.

7. If porridge is left over, keep it covered in an earthenware dish to prevent a hard skin forming on the top, and next day boil it up again with a little more water or milk. Some people make the porridge for breakfast the night before.

8. Half wheatmeal and half oatmeal makes a nice change for porridge.

Quaker Oats makes another delicious but more expensive porridge.

Germea is also largely used.

To prevent porridge from burning or sticking to the pot it may be boiled in a "double" boiler. It takes longer to cook it, but does not require such constant stirring.

DEVONSHIRE CREAM.

Stand new milk all night. Then, without disturbing the cream, lift it gently on to the stove and leave till a thick skin forms and it is just on the boil. Remove, stand in a cool place till next morning and then skim it.

MOCK CREAM.

Scald 2 cups of milk and stir in the beaten yolk of an egg. Let it cool. Add cream to this if liked. Use with tea or coffee.

The white of egg, whipped and sweetened, is often used with coffee; 1 tablespoon to a cup of *café au lait*.

BAKING POWDER (No. 1).

Mix well together 3 oz. carbonate of soda, 1 oz. tartaric acid, $\frac{1}{2}$ oz. of rice flour. Pound, sift, and store in a closely-corked bottle.

BAKING POWDER (No. 2).

Half lb. tartaric acid, $\frac{3}{4}$ lb. soda, $\frac{3}{4}$ lb. of ground rice. Pound and mix well and sift. Use 1 heaped teaspoon to 1 lb. of flour.

BAKING POWDER (No. 3).

Half lb. ground rice, $\frac{1}{4}$ lb. carbonate of soda, 3 oz. of tartaric acid. Pound well and sift into a closely-corked bottle.

SELF-RAISING FLOUR.

Six lbs. flour, $2\frac{1}{2}$ oz. cream of tartar, 1 oz. carbonate of soda, $\frac{3}{4}$ oz. salt. Mix well and keep closely-covered and dry.

TO PRESERVE EGGS (No. 1).

Eight quarts of slaked lime, 5 quarts of common salt, 40 quarts (10 gallons) of water, 1 oz. of boric acid.

Stir the lime, salt and water together in a tub. Let it stand a day or two, stirring occasionally till as much of the solid matter as the water will dissolve is taken up. Let it settle and then strain off the clear liquid and add the boric acid to it. Partly fill with the clear liquid some earthenware jars (kerosene tins will do, but are not so good). The acid does not readily dissolve, so must be stirred in a little of the liquid first, rubbing it down between the fingers. Have the eggs as fresh and clean as possible. Reject any that are the least cracked. Place the eggs in the liquid carefully, and leave 2 or 3 inches of liquid over the top layer of eggs.

The writer has kept eggs for 18 months in this pickle.

To boil preserved eggs, put them on in cold water and bring them gradually to the boil.

TO PRESERVE EGGS (No. 2).

Ten lbs. lime, 2 lbs. salt, 6 oz. cream of tartar, 6 gallons of water.

Have the water boiled for 10 minutes and then pour it over the ingredients. Stir it well from time to time. When it grows cold put in the eggs as in above recipe. Or, use the water cold and proceed as in above recipe, adding the cream of tartar to the clear strained liquid instead of the boric acid.

TO PRESERVE EGGS (No. 3).

Have the eggs fresh, clean and uncracked. Dip each egg for about 4 or 5 seconds into a pot of fast-boiling water; dry it; wrap in paper and pack in dry salt or bran.

Another way is to rub each egg well with sweet lard or vaseline, and then pack them so that they do not touch each other in dry salt or bran.

If the eggs are to be carried any distance, frames with divisions for holding one egg are often made of cardboard or light wood.

TO PRESERVE EGGS (No. 4).

Buy water-glass from a chemist. Mix it with about 16 times as much hot water. Let this grow cold. Stir it well, then put in the eggs, which must be fresh. Use a wooden or earthenware vessel if possible. If using a kerosene tin, clean well and then rub the inside with mutton fat to prevent rust. The water-glass is often too thick to pour readily; stand the bottle or tin in a bowl of hot water till the contents soften.

TEST FOR FRESHNESS IN EGGS.

It is said that a fresh egg placed in water will sink and lie horizontally on the bottom of a vessel. If from 3 to 5 days old it will rest at a slight angle, the large end uppermost. If 8 days old it will assume an angle of about 60 degrees; if 3 weeks old, 70 degrees; and after 4 weeks it will stand upright.

Menus.

The scope of this book prevents anything very elaborate being given in the way of *Menus*. Yet by attention to the details of garnishing and decorating, by the exercise of a little ingenuity and taste in the arrangement of dishes, the assorting of kinds and colours to ensure variety, and by the application of a few general rules, a successful and dainty dinner might easily be provided by the practical student of these pages.

DINNERS.

In the *Menus* which follow, *vegetables* (including potatoes) will not be specified. For a dinner of any pretensions potatoes and vegetables should be provided in both *plain and dressed* forms, at least *two forms* of potatoes and *two kinds* of vegetables. *Dressed vegetables* are often served as a separate course.

When wines are to be served with the different courses, *sherry* and *hock* are most usual with the first course, *champagne* with the joints, and any *different kinds* of wine with the dessert.

A full-course dinner nowadays usually consists of eight courses, arranged in the following order:—

1. **Hors d'œuvre.**—Cold dishes such as oysters, sardines, radishes, olives, etc., served as appetizers. Originally the term included oyster patties, rissoles, and other light dishes now served as entrées.

2. **Soup (French Potage).**—If there are two kinds of soup, which there should be if the party is over 12 in number, let one be clear and one thick, or one brown and one white for the sake of variety.

3. **Fish (French Poisson).**—If two varieties, let one be boiled and one fried or grilled.

4. **Entrées.**—These include all kinds of made dishes, plain and fancy. Rissoles, croquettes, fillets, cutlets, sweetbreads, soufflés, made dishes of poultry, game, etc.

5. **Removes (French Relevés).**—Joints of meat, poultry, venison pies. This is now considered the substantial part of the meal, and plainly-dressed vegetables and appropriate sauces are served with it.

6. **Roasts (French Rôtis).**—In modern dinners this course consists of choice poultry or game, etc. For simple dinners it may be left out altogether.

7. **Entremets.**—A term applied to everything that appears in the second course proper except the roasts, such dishes as (1) dressed vegetables; (2) sweets (jellies, pastries, etc., puddings, ices); (3) savouries (such as anchovies, sardines, cheese dishes), and these may be served in the above order.

Cheese is served after the savouries.

8. **Dessert.**—Fresh and preserved fruits, small ices, bonbons, fancy biscuits, etc.

Dinners à la Russe are much in favour, especially in large establishments. The table for such a dinner is decorated with flowers, etc., and the dessert dishes. A *menu card* is provided for each guest. The different dishes are put up at the sideboard and handed round to the guests, and each dish may be considered a course. With such a dinner, a large number of servants (as well as of dishes, etc.) is required for carving and serving.

When the ladies retire to the drawing-room, coffee (*café noir* or *café au lait* as preferred) is served there. Coffee or liqueurs may be served to the gentlemen according to individual taste.

MENUS FOR DINNER PARTIES.

No. 1.—FULL-COURSE DINNER.

SOUPS.

Oyster Soup.

Clear Oxtail Soup.

FISH.

Fried Fillets of Flounders.

Cod à la Crème.

ENTRÉES.

Oyster Patties.

Mutton Cutlets.

Scalloped Sweetbreads.

Fillets of Rabbit.

REMOVES.

Roast Turkey.

Braised Fillet of Beef.

Boiled Ham.

Boiled Chicken with Celery
Sauce.

ROASTS.

Wild Duck.

Roast Hare.

ENTREMETS.

Asparagus with Dutch Sauce.

Spanish Cream. Orange Mould.

Plum Pudding. Maids of Honour.

Custards in Glasses.

Lobster Salad. Cheese Fritters.

ICES AND DESSERT.

No. 2.—SIX-COURSE DINNER.

SOUPS.

Julienne Soup.

Purée of Chicken.

FISH

Fried Soles.

Boiled Salmon with Egg
Sauce.

ENTRÉES.

Chicken stewed with Rice.

Beef Olives.

REMOVES.

Roast Haunch of Venison.

Boiled Leg of Mutton with
Caper Sauce.

ENTREMETS.

Dressed Potatoes.

Blancmange.

German Pears.

Russell Pudding.

Cheese Soufflé.

Cheese.

DESSERT.

No. 3.—FIVE-COURSE DINNER.

Clear Soup with Custard Garnish.

Filletts of Flounders.

Mutton Cutlets.

Cauliflowers with White Sauce.

Italian Potatoes.

Roast Chicken.

Celery Salad.

Chocolate Pudding.

Sardines on Toast.

Dessert.

No. 4.—FOUR-COURSE DINNER.

Green Pea Soup.
 Haricot Mutton.
 Jerusalem Artichokes. Potato Croquettes.
 Roast Chicken (cold). Lettuce Salad.
 Apple Charlotte and Lemon Jelly.

MENUS FOR FAMILY DINNERS.

No. 1.

Oxtail Soup.
 Steak and Kidney Pudding.
 Roast Leg of Mutton (with Red Currant Jelly).
 Bread Pudding. Fruit Tart.
 Cheese Fritters.

No. 2.

Boiled Fish with Oyster Sauce.
 Steak and Kidney Pie.
 Cold Lamb and Salad.
 Raspberry Cream and Cocoanut Pudding.
 Whipped Cream.
 Cheese Sandwiches.

No. 3.

Artichoke Puréc.
 Chicken Pie.
 Roast Rolled Beef (with Baked Potatoes).
 Plum Pudding. Fruit Salad.
 (with Sauce). Whipped Cream.

No. 4.

Oysters on Toast.
 Veal and Macaroni Shape.
 Roast Sirloin of Beef (with Horse Radish Sauce).
 Cream Cup Puddings (with Custard Sauce).
 Vanilla Cream Puffs.
 Dessert.

No. 5.

Pea Soup.
 Fricassée of Calf's Head.
 Rolled Loin of Mutton.
 Russell Pudding. Pancakes.
 Cheese. Celery. Biscuits.

No. 6.

Fried Flounders
 Lamb's Cutlets and Green Peas.
 Cold Beef and Salad.
 Lemon Cornflour. Stewed Prunes.
 Cheese Fondue.

No. 7.

White Soup.
 Boiled Cod and Oyster Sauce.
 Veal and Ham Pie.
 Roast Forequarter of Lamb.
 Peach Pudding. Vanilla Soufflé.
 Mayonnaise of Chicken.
 Dessert.

No. 8.

Brown Soup.
 Oyster Soufflé or Fried Whitebait.
 Fricassée of Chicken.
 Ribs of Beef.
 Banana Cream Pie. Lemon Cheesecakes.
 Tomato Omelet.

No. 9.

Boiled Flounder with Anchovy Sauce.
 Stewed Duck and Green Peas.
 Haunch of Mutton (with Red Currant Jelly).
 Lemon Sponge. Amber Pudding.
 Cheese Soufflé.

No. 10.

Oyster Soup.
 Baked Cod with Oyster Sauce.
 Boiled Chicken with Celery Sauce.
 Roast Pork with Apple Sauce.
 Banana Fritters. Fig Pudding.
 Sardine Canapés.

LUNCHEON.

In many families this is simply the children's or servants' dinner. There should be something substantial about the meal, but it should not be too heavy. The remains of the last dinner or anything

left in the larder may be converted into tasty "made dishes." Luncheon may begin with a *light soup* or *fish* or both. Then any of the following:—*Cold meat* (garnished) with salads, pickles and chutneys; *mayonnaises*; *hashes*; *curries*; *minced meats*; *rissoles*; *meat moulds*, *pies* or *puddings*; *steaks*; *cutlets*; *omelets*; *eggs* in different savoury forms. *Potatoes* and a *dressed vegetable* or *vegetable savoury*; *fruit* (raw or stewed); *cheese*; *butter*; *biscuits*; any kind of *fancy cakes* should also be provided.

The beverages may be hot or cold:—*Tea*, *coffee*, *cocoa*, *ales*, or *light home-made wines*, etc.

SUPPERS.

Suppers may be hot or cold. Hot suppers are merely modified dinners or extended breakfasts. There are no separate courses, everything being put on the table at once.

Cold suppers are usually given for dances and evening parties. If a "*standing*" supper is given, dishes should be selected which can be eaten without trouble; and it need not be quite so elaborate as a "*sit-down*" supper.

Beverages.—*Beers*, *wines*, *liqueurs* may be provided or not, according to individual taste. In many houses *effervescing drinks*, with hot beverages, such as *oyster* or *clear soup* (served in soup cups), *tea* and *coffee* (with whipped cream) are considered sufficient. *Claret cup* is a favourite beverage for a supper.

For a cold supper to be taken standing the following dishes are suitable:—A variety of *sandwiches*; *sausage rolls*; *lobster and oyster patties*; *oysters* (served on their shells); *mayonnaises* of *chicken*, *trout*, *salmon*, etc.; *lobster salad*; dishes of *cut-up roast fowl*; *sliced ham*, *tongue*, *beef*, *galantine* of *veal*, *cold ribs of lamb*; any decorative meat shapes garnished with *aspic jelly*, etc.; pretty jellies, creams and sponges; custards and jellies in custard glasses;

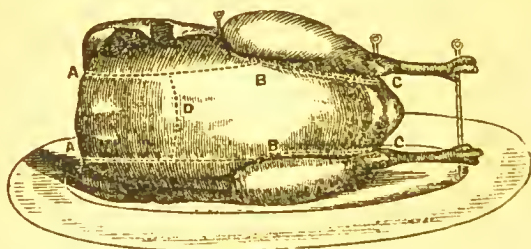
trifles, tipsy cake ; a variety of *fruit salads*, which may be served in large dishes or in custard glasses with whipped cream on top ; *fresh fruit* ; *bon-bons*, different kinds of *confectionery* ; *sponge* and small *fancy cakes, pastry and biscuits*.

These items are also suitable for a *wedding-breakfast* or any cold collation.

Hints on Carving.

POULTRY.

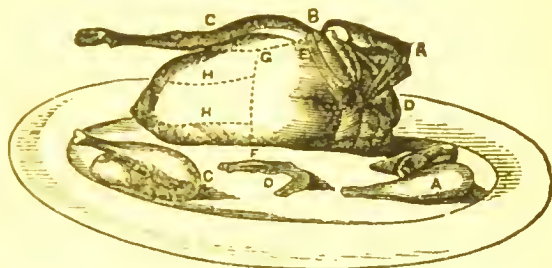
Fowl.—Hold the fowl down firmly with your fork in the centre of the breast. Then insert the knife at A, and draw it lightly as far as C, just to outline what you intend doing. Take the wing off in the direction of A to B, dividing the joint with your knife, and carrying it skilfully through as far as B, giving a slight jerk



Front view.

with the wrist, and at the same time turning the blade ; this *should* insure the division of a wing. Next, slip the knife between the leg and body at B, and cut downwards as far as C ; with the fork turn the leg back, and if not an old bird, the joint will separate. Turn the fowl, and proceed in the same way to remove the other wing and leg. Next take off the merry-thought, inserting the knife in the straight line at D and bending it back. The neck bones, E to D follow, and should be divided from the part that adheres to the breast

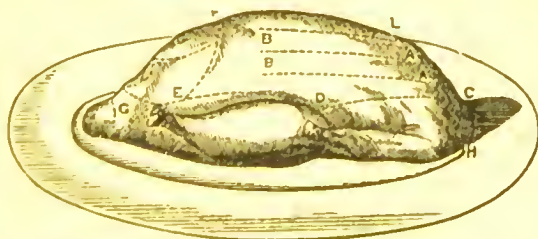
without breaking them; this is done by putting the prongs of the fork through each, and wrenching it up carefully. The next thing is to divide the breast from the back by cutting through the carcass, close to the breast, right down to the tail. Then turn the



Back view.

back up and divide it at the line *F G*. The side bones are then readily separated from the rump. The thigh may be divided from the drumstick by inserting the knife at the joint; some practice is required to succeed in this anatomical feat.

Goose.—In carving a goose, turn the neck towards you, and cut quite down to the bone two or three slices from each side of the breast, from *A* to *B*; next remove the legs: this is easily done if the bird be a young one, by putting the fork through the small

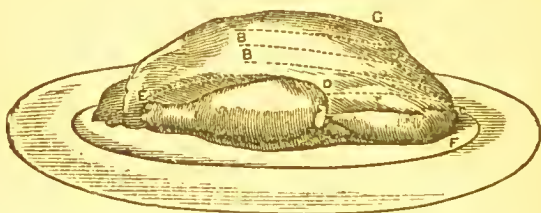


part of the leg-bone, and pressing it close to the body, cutting in the direction of *D E G*. In taking off the wings, put the fork into the small part of the pinion, which press in the same way close to the body, and divide the joint at *C*, carrying the knife on to *D*; then

take off the merry-thought, L to H. To extract the seasoning, remove the apron according to the slope marked F E G. The prime parts are the slices from the breast, the fleshy part of the wing, which may be separated from the pinion, the thigh-bone divided from the leg-bone, and the side-bones. The carcass divided and devilled makes a savoury breakfast dish, and the pope's nose, or rump, is accounted by many a delicious *morceau*.

A Green Goose is carved in the same way; the most esteemed part is the breast; but as this makes only a few slices, the whole bird should be cut up before any one is helped.

Duck.—The same likeness prevails in the anatomy of a duck and goose as there is in that of a fowl and turkey. Some persons commence by taking off the legs and wings, and then cut slices from the breast. We, however, should follow in every way the directions already given for carving a goose—first cutting the

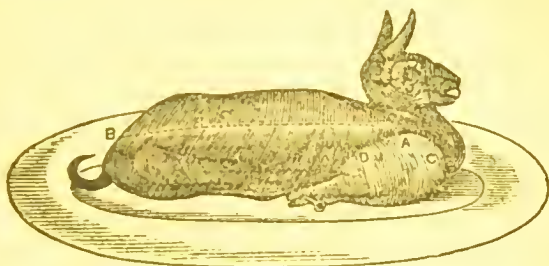


prime slices from the breast, A to B, next taking off the leg, D to E, then the wing C to D, and merry-thought, G to F. If necessary, the bird may then be turned, and the opposite joints removed. Help the seasoning, which will be found under the apron, with each portion of the bird.

GAME.

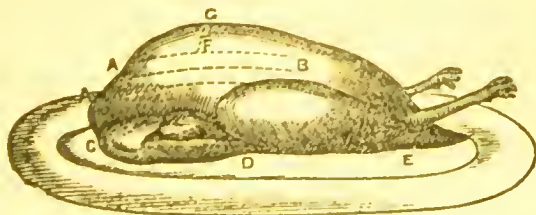
Roast Hare.—There are two ways of cutting up a hare. Either remove the shoulders and legs, and cut the back across into four or five pieces; or, after taking a few slices from either side of the backbone

from A to B, slip the point of the knife under the shoulder at C, and cut all the way down to the rump. Repeat this process on the other side. Take off the shoulders at C A D, and divide the legs from the body—in doing which be careful to hit the joints. The backbone should be cut through in three or four places,



as marked in the engraving. This is considered the best part, and next to it the thighs. Serve a portion of the stuffing with each slice. The brains and ears are considered a delicacy by some persons. The latter should be cut off at the roots, and the head divided by putting the point of the knife into the centre of it, and cutting firmly down to the nose.

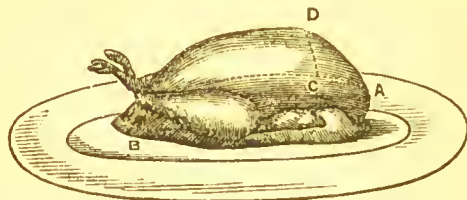
Pheasant.—In carving this bird fix your fork in the centre of the breast just below the cross line, which will enable you to hold it firmly; then cut thin slices from A to B, exactly as you would the breast of a duck. Separate the wing from C to D, and take off the leg



on the same side, cutting in the direction of D E. Repeat the operation on the opposite side, remove the merry-thought by passing the knife under it from G F towards the neck, and separate the neck bones and side bones in the same manner as those of a roast

fowl. The prime parts are the breast, the wings and merry-thought; but the thigh has a high flavour, and some persons esteem the brains.

Partridge.—If very large, this bird may be carved like a fowl; the legs and wings may be taken off in the line from A to B, and the merry-thought if desired in the direction D to C. It is usual, however, on account of its smallness, to help the merry-thought with the breast, the wing and leg being served together, the



back only with some of the other parts. When very small, it is generally divided into two parts by cutting quite through the breast to the tail. The wings, breast and merry-thought are the best parts. The wing is most esteemed, and the tip of it is considered by epicures the most delicate morsel of the whole.

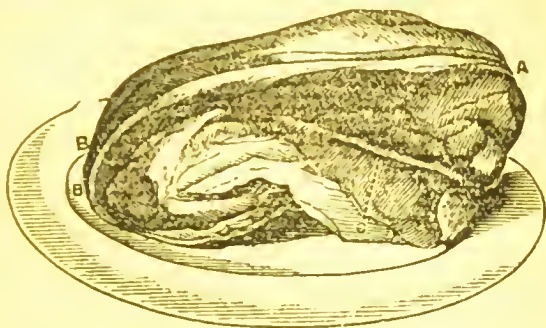
Rabbit (Roasted).—The anatomy of this animal precisely resembles that of a hare, and it should be carved in like manner. When the legs, etc., are divided from the body, the latter should be cut up into two or three pieces, according to the size. The head must be cut in half, but not given to any of the company at table, unless it be especially asked for. With some few it is esteemed a delicacy.

JOINTS.

Sirloin of Beef.—This national dish may be cut either across the ribs commencing in the centre, or, as we would recommend, at the side, cutting from B to A in long thin slices. This is the best way, the fat and lean are fairly proportioned, and the flavour

is very much better than when the meat is cut across the grain.

The most delicate and juiciest portion of the joint lies underneath (see the straight line C); a judge will

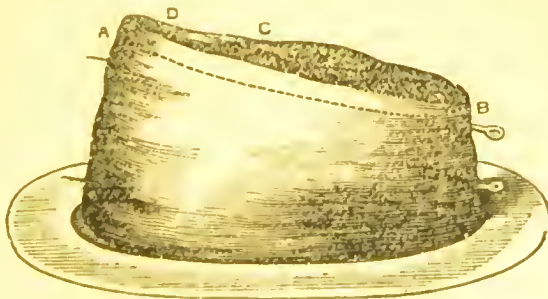


always commence with this part first; the rich fat is found close at hand; and as the under-cut eats better hot than cold, a word to the wise will be enough.

Ribs of Beef.—This joint is carved in precisely the same way as the preceding one, cutting along the whole length of the bone from the thinnest end. Sometimes the joint is boned, stuffed and rolled; in which case it must be carved exactly like a round of beef.

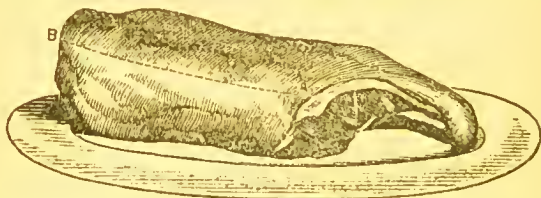
The meat beyond the *fourth* rib is not so tender as the other parts, and is therefore called by professional cooks the *chuck*—or inferior end.

Round of Beef.—Have the dish before you exactly as in the engraving, then take off a slice about half-an-inch thick all round from B to A, which must be set



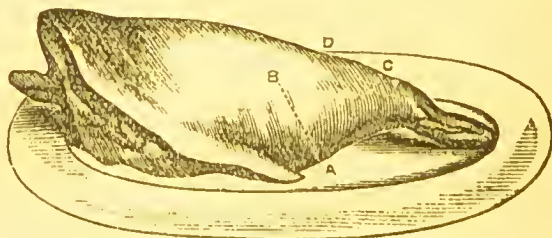
aside. Now commence cutting thin slices, both fat and lean, observing that the solid fat will be found at D, the richer marrowy fat at C; and it may be observed that this is much better eaten hot than cold. After a few slices are taken off, the silver or plated skewer with which it is secured may be taken out. Its own juice is the only gravy necessary, and this will flow after the first round is taken off.

A Saddle of Mutton.—This favourite joint at English tables, which, when properly treated by the cook and carver, is well worthy of its popularity, should be cut in long and rather thin slices from the tail to the



end, inserting the knife at B, and cutting on each side of the backbone to A. The lean will be found in the neighbourhood of B, the fat at the lower and thin part. Some persons pass the knife down the bone that separates the two loins, so as to loosen all the meat from that side, which is then cut obliquely, and thus fat and lean are served together.

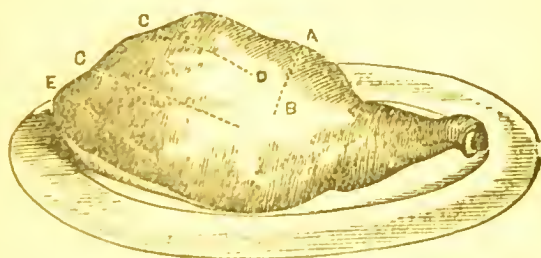
Leg of Mutton (Roasted).—Aim at the prime part of this joint, whether roasted or boiled, midway between the round joint and the knuckle; in short, cut the line from A to B. Some persons recommend taking the slices alternately from both sides of this



line. We, however, have our prejudice in favour of the upper, juiciest portion, and recommend that the slices be not too thin ; but whichever side is preferred, cut right through to the bone. As the cramp-bone is by some persons considered a delicacy, it is well to know that it will be found near the knuckle, and may be got at between D and C, by cutting in a semicircular direction.

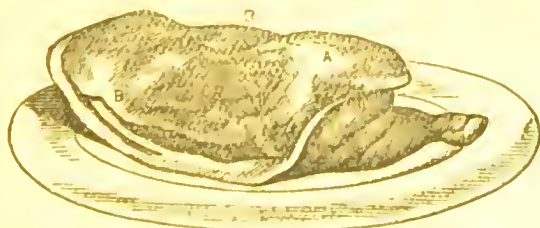
Leg of Mutton (Boiled).—Ordinarily this joint is set before the carver precisely as represented in our engraving. Draw a line midway between the round and the knuckle from A to B, and help from both sides alternately. Be careful not to cut the slices too thin. The fat will be found at the chump end.

Shoulder of Mutton.—This much-maligned dish possesses greater variety of flavour and more delicate slices than any other joint in the sheep. It is always



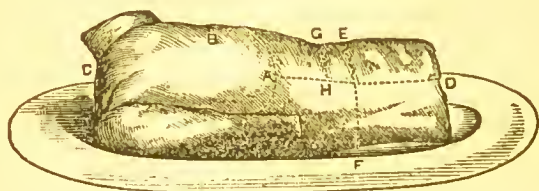
Upper side.

served, as seen in the engraving, back uppermost. Cut through from A to B on both sides for the lean cuts, the prime fat will be found on the outer edge at E ; the blade-bone, on which some delicious morsels



will be found, lies between the lines *C D*. When there is no necessity for cutting up the whole at one time, the best plan is to begin the joint on the underside, as shown in the engraving. The favourite cuts will be found at *A*, and are to be taken off horizontally, and some very choice slices occur between *B* and *B*.

Lamb (Fore-quarter).—The first operation requires the fork to be pressed in towards the knuckle, and the knife to be passed round the shoulder in the direction of *A B C*, so as to divide it from the ribs without



depriving them of too much of the meat ; then remove the shoulder to a separate dish, and divide the breast by cutting through from *A* to *D*. Next separate the ribs by passing the knife in the straight line, *E F*. The breast, if chosen, must be divided in the direction of *G* to *H*.

Loin of Mutton.—If the butcher has done his duty properly, and separated the joints, this is a very simple affair for the carver, who has only to divide the chops, and help fat and lean together beginning at the thinnest end.

Leg of Lamb.—This joint is carved precisely like a leg of mutton, except that when first in season the slices are more sparsely cut.

Loin of Lamb.—The directions given for carving a loin of mutton will equally apply to this joint, which is served in the same way, remembering, however, to apply the hint given above.

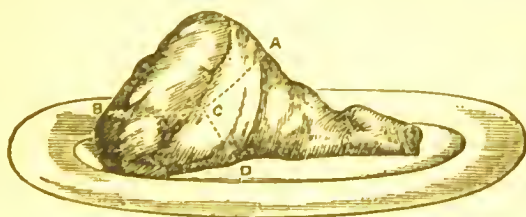
Shoulder of Lamb is a shoulder of mutton in miniature, and must be carved in a similar manner.

Fillet of Veal.—The directions given for carving a round of beef will be found equally applicable for the proper carving of this joint, except that the upper slice is cut thinner, and instead of being laid aside a portion of it should be served along with each slice,



most persons being fond of the brown. Cut for the lean slices in the direction of A to B, and from D to C for the stuffing, which will be found skewered within the flap. The fat lies between A and D; take care to help some of both to each person. A lemon thinly sliced should accompany this joint.

Knuckle of Veal.—In carving this joint, the best way is to cut from B to A; the two bones may be



divided from C to D. It is considered delicate and nutritious, but unless very nicely stewed is an insipid dish.

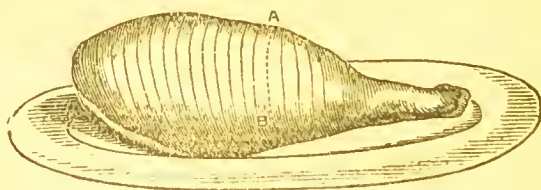
Calf's Head.—Half of a head (as seen in our engraving) will generally be found sufficient for a small family. It is an exceedingly rich dish, and abounds in dainty tit-bits. In purchasing you will be sure to have the

skin left on; without it the joint is worthless. The eye, the throat-sweetbread, the palate, and the fine lean meat under the jawbone, are each a separate delicacy, and so are the brains and tongue, which are always made a distinct dish, but should, nevertheless,

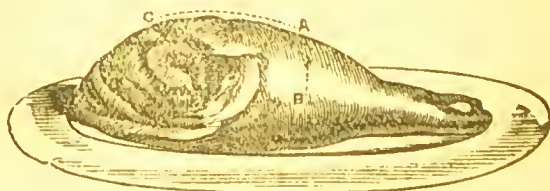


be served with the head, as making important parts of it. Commence by cutting slices from A to B, letting your knife go close to the bone. Take out the eye with the point of your knife, and divide it; and look for the sweetbread near the neck, in the direction of C to D. The palate lies under the head, and should be divided into small portions, and the delicate meat will be got at by removing the jawbone. Some of the brains and tongue should be served with each slice.

Leg of Pork (Boiled or Roasted).—In serving this joint, cut slices in the direction of A to B, helping from



both sides alternately. When roasted, unless too broadly scored, the best plan in carving is to follow the lines in the crackling, which most people like. The joint must then be turned over to get at the seasoning,

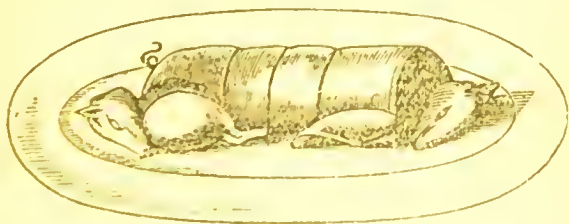


which is generally found under the skin round the shank-bone; but if served as in our engraving, it will be discovered under the line C to A. Carve from A to B, and, as before directed, from both sides alternately.

A Loin of Pork is carved precisely like a loin of mutton.

A Hand of Pork, when small, plump and white, is a very delicate little dish; it should be cut in thin slices—first across, and secondly from off the blade-bone, where the most delicate morsels will be found.

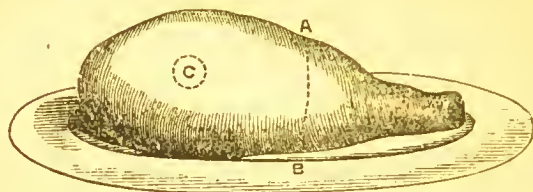
Roast Pig.—As sucking-pig is never sent whole to table, the cook having first divided the body and head, with which and the ears the dish is usually garnished, all that the carver has to do is to take out the brains, mix them with the stuffing and gravy, and divide the ribs. The joints are to be subdivided, or



slices may be cut from them. The ribs are considered the prime parts, and the neck, between the shoulders, is preferred by some persons. A portion of the ear, and plenty of stuffing and gravy, is to be served to each plate.

A Ham.—This joint is always served back upwards, and should have the knuckle decorated with a paper frill. Some persons adopt the fanciful plan of cutting in a circular direction, as at C, but it is not a good one. Begin by cutting a wedge-shaped slice from A to B,

that the other slices may follow in a slanting direction. Let your knife be as sharp as possible, and cut (from



the knuckle end upwards) slices of the most wafery thinness.

Management of Cooking Ranges (Coal, Wood & Gas).

COAL AND WOOD RANGES.

A card of instruction detailing the peculiarities of each kind of cooking range can usually be had on application to the maker ; in a work of this kind only general instructions can be given. Where *wood* or *lignite coals* are used for fuel the lighter make of ranges will be found most useful. For *bituminous* coals, the thicker, heavier ranges are most serviceable.

To keep a range in good condition for cooking, it must be clean, free from ashes, soot, and grease. The outside should be brightly polished, the oven scoured with a strong solution of soda, hot water and soap ; the flues should be well scraped with the flue-rake and then brushed with the flue-brush at least once a week. Soot, being a non-conductor of heat, causes a waste of fuel, stopping the draught when it is allowed to collect in the flues and on top or under the oven. Keep the bottom of the grate clear of dead ashes, as these stop the draught of air through the fire and cause loss of heat, and therefore waste of fuel.

Have the ash-pan regularly emptied, and never allow it to become very full. Do not fill the grate too full of coal, or there will be much soot and smoke without a corresponding increase of heat. See that all the parts of the stove, lids, doors, etc., are free from dirt, in good order, and close well.

Each range has its own peculiarities according to the make, the chimney, the position of the house, the weather, etc. Smoky chimneys and a down draught may occur when the house is near trees, hills, or higher buildings. In some cases windy weather causes too great a draught, taking the heat up the chimney. *The position of the dampers* must therefore be studied; and they must be adjusted, closed, partly closed or opened according to circumstances.

The heat of the top of a range is easily gauged and managed. By adjusting the dampers the heat may be distributed or concentrated. It is advisable, in the interests of cleanliness and economy of labour, to keep the lids on the top of the range closed: all utensils can then be easily kept clean. Of course, when *grilling* one must remove part or the whole of the iron plate immediately above the fire, according to the size of the gridiron.

For frying, the tin, cone-shaped frying-pan cover will be found useful for keeping the range from being spotted with grease.

For stewing or simmering, if the heat is too great at any one part of the range, either remove the pot to a cooler part, or place an asbestos mat under the pot. *Asbestos mats* will be found useful for placing under a pot in which milk, porridge, or anything that burns readily is being cooked.

With regard to oven heat, it is also regulated by the dampers. Before using the oven, see that the sides and shelves are clean, and have it well heated. *The tests for the right oven heat* for baking cakes and pastry

will be found on page 215, for roasting and baking on page 30.

If a range is very greasy, wash it over with a solution of soda and water, or with turpentine before black-leading. Mix blacklead with vinegar or turpentine (till of the consistency of thin cream) instead of water, and have the range nearly cold before black-leading. *A teaspoon of powdered alum* diluted and mixed with the stove polish is said to give a brilliant shine. There are now a number of preparations such as *Blazerine*, *Black Beauty* and *Zebra Polish* which may be used instead of black lead. They are easily applied, are not so dusty as black lead, and give very satisfactory results.

GAS RANGES.

To economise gas the following hints may prove useful :—

(1) Arrange the work so that as much cooking as possible may be done while the oven is hot.

(2) Regulate the burners, and turn off the gas directly it is no longer needed.

(3) Use light tin or enamel utensils which will heat up quickly on top of the range.

(4) Keep both range and utensils scrupulously clean : if dirty or sooty they cause an offensive smell and require more gas to heat.

(5) Do not allow pots to boil over, as this chokes up the burners and causes a waste of gas, besides much unnecessary labour. When a pot comes to boiling-point, a very small flame will keep it boiling.

The oven should be kept clean by washing with a strong solution of soda and hot water, and scouring soap. The *hottest part of the oven* is nearest the top, for hot air always ascends. *Grid shelves* or *perforated*

metal shelves are the best to use in a gas oven, for the solid shelves are apt to burn things placed upon them, and they prevent the heat from rising above and circulating throughout the oven. For baking small things like rolls, buns, etc., which cannot be placed on the grids, *small unglazed tiles* are sometimes used, or a shelf shaped so as to allow the heat to pass freely up the sides.

The *sand-plate* should be placed underneath to deaden the under heat; place it on one of the grid shelves and leave room at the sides for the heat to ascend.

Scones and pastry should be placed near the top of the oven. To brown them nicely a solid, bright oven tray may be placed over them with just space enough between to allow them to rise nicely; this tray will reflect the heat and throw it back on to the articles to be browned. *Test the oven heat* by the ordinary means (see p. 215). If there is a *damper* attached to the gas oven, it should be half-closed for pastry. Good pastry should not be baked in the gas oven along with meat, as the steam from the meat injures the pastry; and, moreover, greater heat is required for pastry than for cooking meat.

Meat or poultry for roasting is best hung or placed on a grid shelf in the gas oven; the dripping-tin should be placed under the bottom of the oven below the burners, as fat in a tin inside the oven is liable to burn. The best roasting is done with the damper (if there is one) fully open, as free ventilation is necessary for good roasting; otherwise, the result is the same as *baking* in the oven of an ordinary coal or wood range.

The patent "*steam-cooker*" may be used with advantage and economy on a gas stove, as many things may be cooked in it over *one gas jet*; but forethought and good management are needed to make it a success.

Where *coal gas* is not available, the "*kerosene gas*

stove " is a useful substitute for the ordinary gas stove. It is arranged on the "Bunsen burner" principle, and, if properly managed, deposits no soot. A hot plate and ovens of various sizes may be procured to accompany the stove, which by itself is infinitely cleaner and superior to the much-used "Aurora Lamp."

Useful Hints.

TO CLEAN BAKING TINS.

One lb. of soda to 4 or 5 gallons of water. Boil up the blackened tins in this for a few minutes. Then rub off the black and polish the tins.

TO CLEAN POTS.

After using pots in which porridge, potatoes, etc., have been boiled, put in some hot water at once and put the lids on. Allow them to stand for a little and then wash. Use a chisel-shaped piece of wood (broken pegs do very well) for scraping pots, as this does not injure them and makes no disagreeable noise.

LINOLEUM OR FURNITURE POLISH.

A quarter of a lb. of beeswax, 1 oz. curd soap, 1 pint of turpentine, 1 pint of water that has been boiled. Pare the beeswax and soap very fine, pour the turpentine over it and let it stand all night, or till quite soft and dissolved. Then add the water, cold. Bottle and shake up well till it becomes white and creamy. Apply with flannel and rub up with an old silk duster.

FURNITURE POLISH.

Equal parts of *linseed oil, turpentine, vinegar, and methylated spirit.* Shake well. Ordinary *salad oil and vinegar* in equal parts also produces a very good polish.

TO CLEAN SPONGES.

Soak in a covered vessel in a strong solution of *ammonia and water* for about twelve hours. Then rinse well in several waters. A *solution of oxalic acid* is also effective.

TO REMOVE OLD PAINT.

Wet the place with naphtha until the paint is softened. Then rub the surface clean.

TO CLEAN WATER-BOTTLES, DECANTERS, Etc.

Wash out with a little pearl-ash and warm water to which a spoonful or so of lime is added. Or, tear up rough brown paper into small pieces and put these in the bottle with hot water. Shake well and rinse out.

TO PREVENT TINS FROM RUSTING.

Rub fresh lard over every part of the tin. Place it in a hot oven and heat thoroughly, but not so much as to melt the solder. Thus treated, tinware may be used constantly in water and will keep bright and free from rust.

DISINFECTANT (Condy's Fluid).

Two oz. of permanganate of potash dissolved in 1 gallon of water makes strong "Condy's Fluid." As a disinfectant for ordinary purposes use 1 pint of this mixture to a bucket of water.

TO KEEP BUTTER FIRM AND FRESH.

Dissolve 1 teaspoon of powdered borax in 1 cup of boiling water. Soak a cloth for 15 minutes in the solution. Let the cloth cool and then place it wet over the butter.

TO KEEP FLIES AND MOSQUITOES AWAY.

A few drops of essence of sassafras or oil of turpentine sprinkled on a rag and put about the larder will keep flies away. Twenty drops of carbolic acid evaporated from a hot shovel will help to banish flies from a room, and a piece of camphor gum the size of a walnut, held over a lamp till consumed, will act for mosquitoes.

TO KEEP MEAT SWEET IN HOT WEATHER.

Boil 2 oz. of lump sugar and 2 oz. of salt in 1 quart of the best vinegar for a few minutes. When cold brush the meat over with this.

TO MAKE WHITEWASH.

(1) Mix 1 cup flour smooth with cold water, add boiling water to it to make a starch; add this while hot to half a bucket of lime mixed with hot water.

(2) Mix whiting smooth with boiling water and add some dissolved glue.

(3) To $\frac{1}{2}$ bushel of good lime slaked in hot water add 8 quarts salt dissolved in hot water, $2\frac{1}{2}$ lb. of ground rice boiled to a thin paste and stirred in hot, 1 lb. of fine whitening. Mix to a creamy consistency. Let it lie a day or two and then apply hot.

FOR FRECKLES, TAN, SUNBURN.

Shake the white of 1 egg with a little lemon juice. To a tumblerful of this mixture add 1 teaspoon of borax.

FOR CHAPPED OR ROUGH HANDS.

Equal parts of eau-de-cologne and glycerine. Keep in a well-corked bottle. Rub a little well in at night.

A GOOD CREAM FOR FACE AND HANDS.

Equal quantities of glycerine (or almond oil) with pure rendered mutton fat. Mix well and add eau-de-cologne or any favourite perfume.

TO REMOVE DANDRUFF.

1 oz. flour of sulphur, 1 quart of soft water Apply thoroughly to the scalp night and morning.

Laundry Work.

PREPARATIONS FOR WASHING.

1. Have the wash-house, tubs, boiler, wringer, pegs and other utensils scrupulously clean.

2. *Sort out the clothes.* Soak the white clothes all night in cold or tepid water, rubbing any very soiled parts with good laundry soap; keep them in separate groups as follows—(a) Handkerchiefs. If unpleasantly soiled, add salt to the water in which they are soaked; or if not otherwise stained boil by themselves for 15 or 20 minutes in water to which a little borax has been added. This method disinfects as well as cleanses the handkerchiefs. (b) Shirts, collars, cuffs, table-linen, tray-cloths and any other starched white things. (c) Body-clothes, bed-linen, towels. (d) Kitchen towels. (e) Dusters and other cloths. (f) Keep the flannels, woollens and stockings, etc., together. (g) *Prints and coloured linens* should form another group. (h) *Coloured flannel-ettes must not be boiled*, but should be washed in very hot water.

If the fine white things are very soiled a little powdered borax added to the soaking water helps to clean them. For the coarser things an oz. of *washing soda* dissolved in a quart of boiling water and added to the soaking water serves the same purpose (the water *must be boiling* or the soda will rot the clothes).

3. Remove all ink spots, stains, iron mould, mildew, etc. (see p. 367).

4. *Prepare the soap* for the flannels by shredding the soap, covering it with water and standing for some hours

in a warm place till it dissolves and forms a kind of jelly.

5. Make preparations for starching and ironing.

WASHING THE CLOTHES.

The boiler might be filled and the boiler-fire set ready for lighting the day before. Make an early start, and when the water is hot enough, begin with the flannels etc.

TO WASH FLANNELS.

Take enough of the melted soap to make a good lather. Have the water pretty hot, but not too hot, or it will cause the flannels to shrink. *Do not rub soap* on woollen goods. Just carefully squeeze and work them in the soapy water till the dirt is removed. Put them through two waters, rinse in two lots of warm water. Wring carefully (through a wringer if possible) without twisting, as this breaks the threads. Hang out *at once* and dry quickly. If flannels must be dried before the fire, do not put them so close to the heat that steam rises from them, as that tends to shrinking. *Use no soda or powder of any sort for woollens.* A little *ammonia* added to the water is very useful in helping to remove dirt and grease from flannels. After the flannels are hung out, wash the prints, coloured muslins, etc. Wash *black* stockings by themselves lest they become covered with the woolly fluff from light-coloured woollens.

TO WASH PRINTS.

Follow the rules set out for washing flannels ; but *use no soda, powders or ammonia.* If the colours are likely to run, rinse in water to which *salt* has been added (about 1 handful to 1 gallon of water). A little *vinegar* helps to brighten the colours. Wring very dry, and dry quickly or the colours will run. If dried in the sun the colours will fade. It is best to dry these at night or indoors.

TO WASH WHITE ARTICLES.

Next come the white articles, and of these it is best to begin with the *table-linen* and *fine things* which are only slightly soiled and do not need much washing. These are soon got into the boiler, and while they are boiling the next least soiled articles, such as *sheets*, *bed-linen* and *towels* may be washed. Then wash the *body-clothes*, etc. *Kitchen towels* and *dusters* are taken last. Of course this order may be varied to suit circumstances.

Wring out the articles to be washed from the water in which they have been soaked. Wash them in hot water with soap on the right side, taking care to rub the linen and not the hands. Then turn on the wrong side and wash in a second water till clean. Then wring out and put them in the boiler.

Table and *bed-linen* and also any white things not much soiled may have the soiled parts damped and rubbed with soap before being put straight into the boiler without previous washing, if the water in the boiler has borax added to it in the proportion of 1 tablespoon of borax to 10 gallons of water. The water must be brought to the boil and then boiled about 15 minutes.

BOILING CLOTHES.

Take care to keep on filling up the boiler as the hot water is taken out of it, so that there may be always a good supply of hot water. When the clothes are put in the boiler the water must be no more than lukewarm, for hot water would just set the dirt in the clothes. Shred some pieces of soap into the water. If the water is at all hard, a *little powdered borax* may be added. Very fine things should be put in a bag to be boiled. The bag is used also, if an iron boiler be used, to prevent the clothes being marked. *Boil from 15 minutes to half an hour.* Use a wooden boiler-stick to keep the clothes under water, and do not fill

the boiler too full. The different groups of white things should be boiled separately unless the washing is a very small one; then the shirts, collars, table-linen, and fine white things might be boiled together; next the body-clothes, bed-linen and towels; next kitchen towels, and lastly dusters and coarse cloths.

TO WASH CLOTHES WITHOUT BOILING.

Fine articles or white articles that are only slightly soiled may be washed without boiling by the following methods :—

1. Soak the clothes in a closely-covered tub for 2 or 3 hours with hot water to which ammonia, turpentine, and prepared soap have been added in the following proportions :—To 6 gallons of hot water add 1 *tablespoon of turpentine*, 2 *tablespoons of strong ammonia* and about $\frac{1}{2}$ *lb. of soap* melted to a jelly as for flannels, etc.

2. Soak the clothes, after rubbing the very soiled parts with a specially prepared soap such as “Sunlight” or “Victory” soap, in rather hot water for an hour or longer if possible. Wash and rinse as usual.

3. Use *half a teacup of kerosene* to a wash-tub of hot soapy water and soak the clothes in this. Then wash and rinse.

RINSING.

Take the clothes from the boiler with the stick and put them into lukewarm or cold water. *Rinse the soap* well out, using two waters if necessary. Then rinse in *blue-water*. A lump of indigo blue is tied in a piece of white flannel and dipped and squeezed into the water till the water is sky-blue when a little is held in the hand. *Stir the blue-water well* as each article is put in. The blue does not dissolve, and is apt to settle in the bottom of the tub, and so, unless well stirred, the clothes will look streaky. Do not use too much

blue. There should be no blue tinge about the clothes when dried.

WRINGING.

When using the wringer fold the clothes evenly, and take care that the buttons are laid flat to prevent them breaking. Wring fine things in a cloth. Put flannels and prints through the wringer till as much of the water as possible is extracted. Put the selvedge edge of sheets and tablecloths through the wringer first to prevent the edges curling up.

DRYING.

Have the clothes lines wiped down and the basket and pegs quite clean. Hang out on the wrong side. Collars and cuffs may be strung on tape, two together, and hung on the line. A strong frost is a splendid bleacher.

FOLDING.

If the clothes are brought in before they are quite dry, they will not need any fresh sprinkling. If too dry, sprinkle with clean cold water and fold neatly on a clean table. Roll up tightly, and leave till the dampness is uniform throughout. Then they are ready for ironing or mangling. Lastly, they should be well aired and put away at once. Always air bed-linen and body-clothes again just before using them, as even after they are first aired and put away they will absorb any dampness in the air as they lie in the linen-press.

STARCHING.

Those articles that are to be starched in *boiled starch*, such as *table-linen*, some *body-linen*, *blouses*, *pillow-shams* and *frilled pillow cases* (some prefer these not starched, others starch the frills only), may be starched after they are wrung out of the blue water; then allowance must be made for the water that is in them

thinning the starch. Some prefer to dry them and then starch them, but of course this takes more time.

White shirts, collars and cuffs, netted d'oyleys and anything wanted very stiff, must be starched in cold-water starch.

TO MAKE BOILED STARCH.

Take as much starch as you will require, not more, as boiled starch cannot well be kept. Mix it first to a smooth cream-like consistency, rubbing down the lumps with the fingers or a spoon. Add a *little borax*, previously dissolved in boiling water, and also a *little white wax or tallow*. The borax helps to whiten and stiffen; the wax prevents the starch from sticking to the iron. Some use a *lump of sugar* and a *little turpentine* for the same purposes; some use just the pure starch. Stir the creamy mixture well and pour on the boiling water. Keep stirring till the starch turns or becomes transparent-looking. Use when cool enough to bear the hands in it. It may be thinned by adding more water to it, and *thickened* by heating and evaporating the water.

TO MAKE COLD-WATER OR RAW STARCH FOR SHIRTS, Etc.

This is best made some days before it is needed. Place in a jar or basin, and keep it covered with muslin or a linen handkerchief to keep the dust from it. If covered closely it has a most disagreeable odour. It will keep good for weeks. When wanted to use again, pour off the water and add the same measure of fresh water, rinsing any dirt off the top of the starch which has settled at the bottom.

The *ingredients for Cold-water or Raw Starch* are :— $\frac{1}{2}$ lb. (about $1\frac{1}{2}$ cups) of dry starch, 2 teaspoons of powdered borax, a picce of spermaceti about half the size of a small marble. Or, instead of the spermaceti, to

prevent the iron sticking, use *turpentine*, 4 drops to the first $\frac{1}{2}$ pint of starch, and 2 drops for every additional $\frac{1}{2}$ pint of starch; or, again, some use *white curd soap*, just making a slight lather in the starch by rubbing it on the hands. Soap is supposed to make the clothes yellow; turpentine, if used often, rots the linen.

Rub the starch thoroughly smooth with cold water. Dissolve the borax and spermaceti in boiling water. Add this when cooled to the starch, and make up to about 3 pints or $5\frac{1}{2}$ breakfasteups altogether (1 pint is 2 breakfasteups). If spermaceti is used, the water to make up with must be "hot" (but not boiling) to keep the spermaceti dissolved. If turpentine or soap be used, the water may be cold.

Half the above given quantities will do in a small family.

Stir the starch up well and strain it through fine muslin to remove all dirt before using.

Collars and cuffs should be dipped in two at a time and the starch rubbed well in. Wring out tight, rub again, then lay flat and singly on a cloth. Fold them up in this and wring again to squeeze out any remaining moisture; let them remain for an hour before ironing. If not to be ironed till next day, do not wring the second time. The object of squeezing out the moisture is to prevent the iron sticking, but if left folded up till next day, the moisture evaporates; and it does not do to have them too dry.

To starch white shirts.—Starch the cuffs first, rubbing them well. Gather them up in the left hand to prevent the other part of the sleeve from being starched. Next gather the neck-band and the front into the left hand. Rub the starch well in. Wring out tightly and rub again. Rub off any starch that has got on to the shirt round about the front or cuffs with a clean damp rag. Fold the starched parts on one another. Sprinkle the body of the shirt with clean

water, roll up tightly and let it remain an hour at least before ironing.

1. The *ironing table* must be large enough to hold the iron stand, a basin of water, a piece of linen rag for removing specks, and a cloth for rubbing over the irons. It should stand steady. It must be covered with felt or a double blanket, the ironing sheet on top, all without a crease or seam. *Pin at the corners* to keep it in place. Some prefer an "ironing board" (5 feet by $1\frac{1}{2}$ feet). This is covered permanently with two or three thicknesses of woollen material, and over it a clean white cloth is stretched. A *skirt board* and a *shirt board* which are used for "washing dresses" and the fronts of white shirts are similarly covered.

2. The *irons* found most generally useful are the ordinary flat irons: those made with the adjustable wooden handle are best. Box irons heated by charcoal or some other heater are also procurable. *Polishing irons*, like flat irons in shape, but with rounded edges, are used to put on the final gloss. They are made with a very fine steel facing and are often *plated*. *Goffering* and *crimping* machines are also used for fluting or kilting frills.

The irons must be kept scrupulously clean. Keep in a warm, dry place to prevent rusting. If rubbed while warm with mutton fat, this protects them from damp. If rusted, rub with sweet oil and leave it on for a day or two. Then clean with bathbrick. Sometimes the irons get smoked and roughened with the fire or starch. A little scraped bathbrick on a board or on brown paper will clean this off. Some use fine emery paper for the purpose, but it is more apt to scratch the surface of the irons.

3. *Test the heat* of the irons before using on a piece of white rag to avoid scorching. Fine ironing should be done in the daylight.

4. *Table and body linen* should be *ironed on the right side*. *Handkerchiefs* should be *ironed on both sides* while rather damp. *Prints* are ironed on the right side unless the pattern is raised or dull, when they should be ironed on the wrong side like *muslins* and *laces*.

TO IRON A SHIRT, COLLARS, Etc.

The shirt must be well washed and the old starch well washed out; it must also be well starched with properly-made starch. Fold it down the middle of the back from collar to hem. Lay on the table and iron the two halves of the back. Fold the front in the same way, and iron all but the starched breast. Next fold by the side seams and iron the side seams and the sleeves double and on both sides. Next rub over the cuffs with a slightly-damp rag, and smooth and stretch them wrong side up. Iron lightly on the wrong side. Turn to the right side and iron, stretching and rubbing smooth to avoid wrinkles. If a wrinkle appears, it may sometimes be smoothed out by damping again with a piece of rag; but rub it fairly dry before ironing again; if too damp, the iron will stick. Iron first on one side and then on the other till dry, pressing very hard on the right side to produce a gloss. Finish on the right side. Next iron the collar band, first on the wrong and then on the right side. Next iron the breast, only on the right side. A shirt board, shaped like the front of a shirt, but slightly larger, is convenient. Slip it under the breast. Stretch the front neatly and rub over with a damp rag. See that there are no creases. Pass the iron from the neck to the waist and from the middle to the sides to avoid creases in the middle, where they would show. Iron till dry and then polish.

Collars and cuffs are ironed similarly. They should be practised on before an attempt is made to iron a shirt. The shirts, collars, etc., should be placed near the fire to finish drying and to stiffen.

TO POLISH SHIRTS, COLLARS, Etc.

Shirts, etc., may be polished in any one of the following ways :—

1. Damp the finished surface of the right side with a clean damp linen cloth, until all the brightness left by the iron is removed. Then rub vigorously with a hot polishing iron.

2. Rub the finished surface lightly and evenly with a damp linen cloth. With a piece of slightly damp flannel rub on an even coating of *starch glaze*. Rub over with a dry linen rag, spreading the glaze evenly. Do not use much glaze ; it must be rubbed on very slightly. Then rub vigorously with the hot polishing iron.

3. Take a piece of slightly damp flannel, dip it lightly in the glaze powder ; rub it on to the un-ironed surface of the shirt or collar. Then iron in the usual way. Next dip a piece of damp linen in the white of an egg and rub it over the surface. Then take the flannel (without using more of the glaze powder) and rub it over lightly. Iron again, and lastly use the polishing iron to give the final finish. The polishing iron must be applied vigorously. Have a damp linen cloth always at hand to use if necessary.

4. The following *starch glaze* will keep for months, and a special polishing iron is not necessary. Take $\frac{1}{4}$ lb. *white starch*, $\frac{1}{2}$ oz. *borax*, 1 oz. *soap*, 1 dessertspoonful *glycerine*, 1 dessertspoonful of *turpentine*, 1 teaspoon *common salt*. Dissolve the soap and borax in 1 pint of hot water, mix all together, then add $\frac{1}{2}$ pint more water.

5. Make a *polishing mixture* of 4 oz. *white wax*, $\frac{1}{4}$ oz. *stearin*, 2 oz. *spermaceti* melted and well mixed. Cool and make into cakes. After ironing the article and while it is still warm, rub briskly with one of these cakes till it shines.

LAUNDRY HINTS

1. *Yellowed clothes* may be boiled in water to which a little of the following emulsion has been added :—*Paraffin, lime-water, turpentine*, in equal parts. Mix and bottle. Shake well before using. A little blue added to the water in which yellowed clothes are boiled is said to restore the proper colour.

The ordinary method of *bleaching white clothes* on grass is well-known ; but if this is not possible a good bleaching mixture, “*Javelle Water*,” is made by dissolving $\frac{1}{4}$ lb. *chloride of lime* in 2 quarts of *boiling water*. When nearly dissolved add 1 lb. *soda*. Strain through flannel and use the clear portion. This is useful for *taking out spots, tea, coffee, fruit or mildew stains*. Brush the liquid on the spots, rinse well and put ammonia in the final rinsing water. *Javelle water* is to be carefully used, as if left in too strong solution on the clothes, it will rot them.

2. *White silk blouses or silk handkerchiefs* should never have soap rubbed on them. They should be washed in a warm lather of soap jelly and water, rinsed well, carefully wrung and wrapped in a towel till fairly dry, then ironed with a moderately hot iron.

TO REMOVE INK-SPOTS, STAINS, Etc.

1. **Ink Stains.**—If freshly-made use sour milk. If long-standing, wet the stain with cold water, stretch it over a cup and rub in salts of lemon or sorrel, oxalic or hydrochloric acid, or Javelle water. Rinse well in ammonia water.

2. **Fruit and Wine Stains.**—If freshly-made soak in boiling milk, or rub with salt and pour boiling water over. If this is not effective, try one of the following :—Lemon, vinegar, sour milk, alcohol, kerosene, sal ammoniac, a weak solution of oxalic acid, or Javelle water.

3. **Tea and Coffee Stains.**—Soap helps to fix these, so do not use it till the stains are removed. Stretch over a basin and pour boiling water on. If very obstinate add a little *borax*.

4. **Grass, Coloured Inks, and Dye Stains.**—Use *alcohol* or saturate with *kerosene* and then wash well.

5. **Paint Stains.**—Rub with turpentine or kerosene, then wash with soap and water. Use alcohol if on a fine fabric, and then sponge with chloroform.

6. **Mildew** is caused by dampness. Use Javelle water (see above).

Some recommend *buttermilk* for mildew. Another method well recommended is to boil $1\frac{1}{2}$ lbs. of *soft soap* in 1 quart of water. Soak the mildewed articles in this solution, lay them on the grass and sprinkle them with salt. If they get dry sprinkle them with soft water. Leave in the sun for about 12 hours. It may be necessary to repeat the process. Rinse in cold water with some ammonia.

7. **Iron-mould.**—Use *salts of lemon* or *hydrochloric acid*. Salt with *lemon-juice* or a strong solution of *cream of tartar* and *water* sometimes answers. Rinse well in water with some ammonia.

8. **Iodine Stains.**—Wash with *alcohol* or *ammonia*. Rinse in soapy water. Or cover the spots with a thick starch and cold-water paste and allow this to remain on till the spots disappear.

9. **Scorch Stains.**—Make a paste by boiling together 1 oz. *soap*, 3 oz. *Fuller's earth*, the juice of 2 or 3 large *onions*, and 1 teacup of *vinegar*. Spread this on the scorches and let it dry on. Then wash.

Another method is to wet the scorches, rub with soap, and put out in the sun.

10. **Blood Stains.**—Soak at once in cold salt water; then wash in warm soapy water and boil with *borax*, 1 teaspoon to the gallon.

To remove blood stains from coloured cloth put a few drops of chloroform on a piece of cotton-wool, rub this hard on to the stain for a minute or so.

11. **Vaseline Stains.**—Soap sets these, so before washing soak in *kerosene, turpentine, or alcohol*.

12. For grease or wax use benzine.

Ices.

Ices are of different kinds according to the foundations from which they are built up:—(1) **Water Ices**, with a foundation of *sugar and a liquid syrup*, which may be flavoured with fruit juices, fruit syrup, jam, etc. Frequently whipped whites of eggs are added to these ices just before freezing. (2) **Cream Ices**, with a foundation of *plain cream*, flavoured and coloured to taste. (3) **Cream Ices**, with a foundation of a *custard* made from cream (or milk) with eggs. To this is added fruit pulp or nuts, coffee, biscuits, etc., in fact any flavouring or colouring that may be desired.

The “*Freezers*,” which are necessary, may be bought machines of various different makes or simple *home contrivances* such as a *milk can* or *pewter pot* and a *bucket preferably of wood*. Pewter receptacles are best, for neither copper nor tin should really come in contact with the ice, as they are apt to spoil the colour and flavour. A *metal vessel* (A) with a close-fitting lid holds the mixture to be frozen. This is placed inside another *larger vessel* (B) *generally of wood*; in the manufactured machine the *vessel* (A) fits into the *vessel* (B) and is held in position while an arrangement with cogs is attached (also a handle), by which the *vessel* (A) is rotated. If a home contrivance is used, the *vessel* (A) must be turned

round by hand. In either case the procedure is as follows :—Set *the metal vessel* (A) in the *wooden vessel* (B), which should have two bottoms, one for *the vessel* (A) to rest on. Fill up the spaces between with the “freezing mixture” (which may be two-thirds finely-powdered ice and one-third rough salt put in in alternate layers : more salt makes the mixture freeze more rapidly for a short time, but it makes the ice melt more quickly and it has to be more often renewed). Pack the freezing mixture well down. Take out *the vessel* (A) and wipe it clear of ice and salt : take off the top and put in the cream or water previously mixed for it, and just about half-fill it. Replace the top and put it into the freezing mixture. Turn *the vessel* (A) for about 10 minutes, take off the top and scrape down the frozen cream from the sides with a wooden knife and repeat until the mixture is smooth and creamy, and then mould. If it is then hard and flinty, it is not mixed rich enough : if it does not freeze, it is too rich, and must be remixed in either case. When it appears pretty stiff, put on the tops and cover well with more freezing mixture till ready to mould, or use it ; if this is not to be moulded it may be served in rough pieces on small plates.

If to be moulded, prepare the mould : brush over a colouring if desired. The mould should have a tight-fitting lid and should be carefully protected against the entrance of liquid or salt by having the edges covered with fat ; a piece of white paper between the mould and the ice at top and bottom prevents it from sticking. Force in the frozen mixture very tightly, so that no holes appear when it is turned out. See that the edges are well sealed with fat and wrap it in paper to still further protect it ; then replace it in the freezing mixture. Leave for one, two, or more hours according to the size and condition of the ice. If water forms, pour it off and replace with ice. Turn out just before it is wanted by washing the mould in cold water ; dry it and then force off the top with a knife, rub the top clean, take away the paper and shake the cream on to

a dish as you would a jelly. Serve immediately. May be garnished as desired.

STRAWBERRY OR FRUIT ICE CREAMS.

1 quart Strawberries (or any fruit).	1 quart Cream.
	Cochineal.
½ lb. Sifted Sugar.	

Pulp the strawberries or fruit through a hair sieve with a wooden spoon. Mix in the sugar, then add the cream and enough cochineal to colour it nicely. Freeze as directed. *Strawberry jam* may be used if fruit is not available. *This may be made also with a custard foundation.*

RASPBERRY ICE CREAM.

2 lbs. Raspberries.	6 Eggs (yolks only).
1 pint Cream.	1 lb. Sifted Sugar.
½ pint Milk.	2 teaspoons Lemon Juice.
Cochineal.	

More sugar may be added if it is preferred sweeter. Bring milk and cream to near boiling-point, add the beaten yolks and stir till it thickens, taking care that it does not curdle by coming too near boiling-point after adding the yolks. Dissolve the sugar in it. Strain and cool. Sieve the fruit, mix it in and colour the whole with cochineal. Freeze about 1 hour.

LEMON WATER ICE.

1 lb. Loaf Sugar.	6 Lemons.
1½ pints Water.	2 Oranges.

Make a syrup of the sugar and 1 pint of water and the yellow part of the lemon rinds. Boil this from 10 to 20 minutes. Add the juice of the lemons and oranges and the other half-pint of cold water. Colour with the rind of the oranges rasped on to loaf sugar or with saffron. Mix well, strain and let it get as cold as possible. Then freeze as directed. *This makes a quart shape.*

APRICOT WATER ICE.

6 or 8 ripe Apricots.
2 Lemons.

1 lb. Sugar.
1 pint Water.

Make a syrup of sugar, water and yellow part of lemon rinds as above. Sieve the apricots and pound the kernels, which should be skinned. Mix and let stand till cold. Add lemon juice. Strain and freeze.

ICED FRUIT.

Prepare the fruit ; halve, skin and stone peaches and plums, etc., slice pineapples, remove pith from oranges and lemons, retain stalks to cherries and raspberries. Dip the fruit into beaten white of egg, then into crushed loaf sugar ; repeat until a thick enough coating is attained. Then freeze if desired.

GINGER ICE CREAM.

8 oz. Preserved Ginger.
 $\frac{1}{2}$ pint Milk.
1 pint Cream.

$\frac{1}{2}$ lb. Sifted Sugar.
2 Lemons.

Bruise 6 oz. of the ginger in a mortar with the milk, and sieve it. Add the sugar and juice of 2 small lemons. Then mix with the cream. Freeze, and when half frozen add about 2 oz. ginger cut fine. Continue freezing ; mould and turn out as directed. *Less preserved ginger may be used*, and the flavouring may be made up with *ginger syrup*.

FIG CREAM ICE.

$\frac{1}{2}$ cup Dried Figs (minced fine).
3 oz. Sifted Sugar.
1 pint Milk.
 $\frac{1}{2}$ pint Cream.

2 Eggs.
1 heaped teaspoon Cornflour.
1 heaped teaspoon Gelatine.
2 teaspoons Lemon Juice.

Soak the gelatine till soft in a little water. Boil the milk, add the cornflour mixed smooth in a little of the cold milk. Stir till boiling. Cool a little, add the eggs whipped with the sugar, next the gelatine, and stir it till dissolved. When cold, add the cream and flavouring ; freeze slightly, add the figs, and continue the freezing.

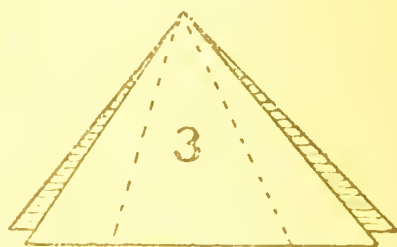
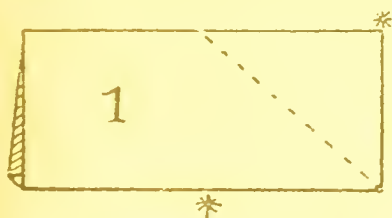
Serviette Folding.

Although the custom of folding serviettes in fancy designs is not much followed now for household use, the serviette being usually folded plainly and placed on the plate, or for family use slipped into a serviette ring, the appearance of a table for an occasion may be decidedly improved by such decorative effects. A *dinner roll* or a *square of thick bread* (2 or 3 inches) is placed inside and sometimes a *flower* or small spray is placed in a suitable position.

A little ingenuity added to the hints given in the following designs will produce many new effects.

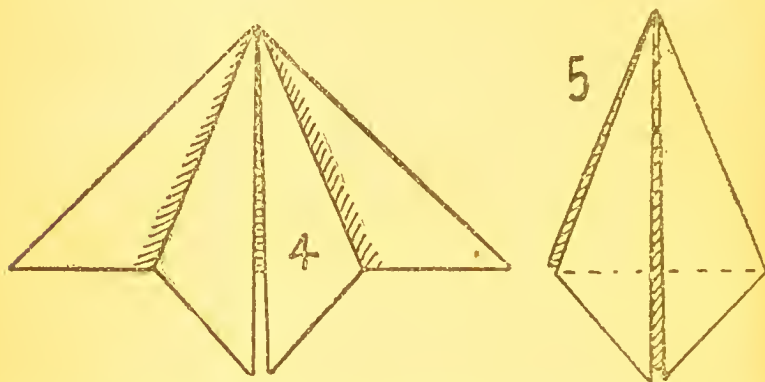
1.—THE TENT DESIGN.

Take the top right-hand corner (as shown by a star * in diagram 1) between the thumb and first finger of the right hand, inserting the thumb between the two edges ; fold it down *inside* to bring the *top* star (*) down

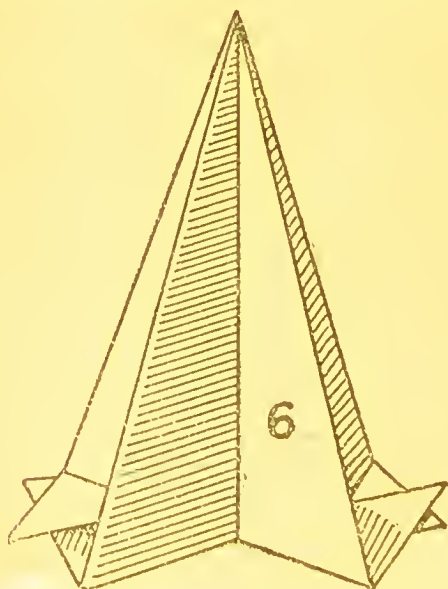


to the bottom centre star (*) and it will appear like diagram 2. Repeat with the left-hand side and the napkin will appear like diagram 3. Fold the right-hand upper side over to the centre ; then repeat with the left side which will show the napkin like diagram 4.

Turn the napkin over and repeat the two previous folds as shown by diagram 5, the dotted lines on which show



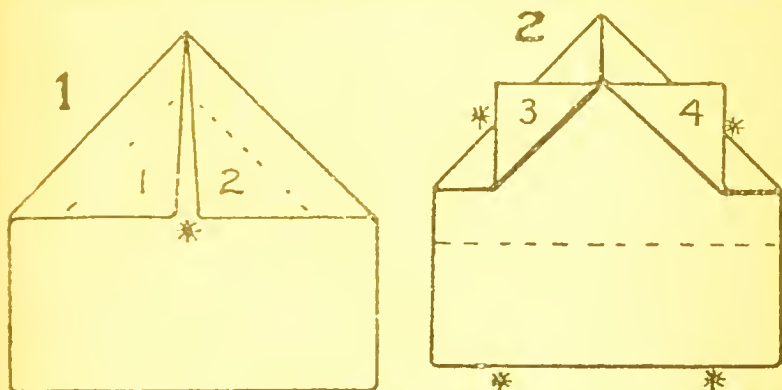
how to turn up the ends to form a base or support for the tent. Cross the ends over a little, and the napkin will expand like diagram 6.



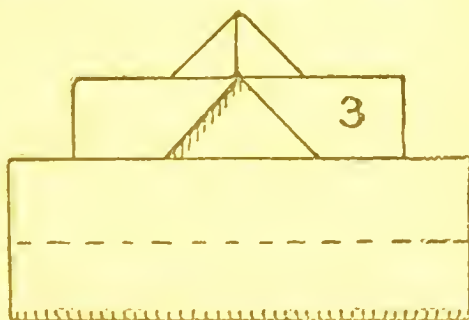
This is most suitable for small serviettes and is useful for standing at corners or at intervals on a table.

2.—THE TRIPLE FAN DESIGN.

Have the serviette spread single. Bring the top right-hand corner to the centre of the creased line in the middle of the serviette, to the star (*) shown in diagram 1. Repeat with the left-hand corner, and



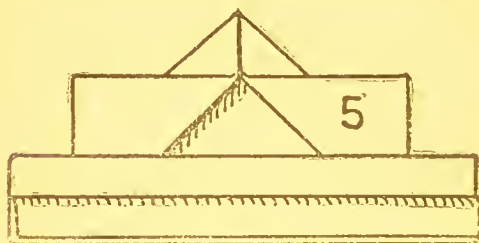
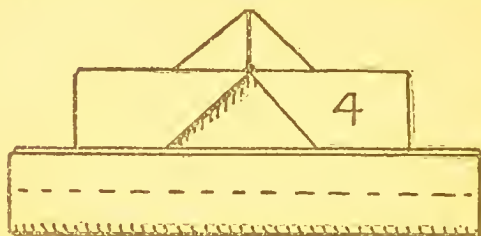
folds 1 and 2 will show as in diagram 1, where the dotted lines denote the position of the folds 3 and 4, which are arranged by turning back the left and right corners. Diagram 3 represents the lower edge of the serviette turned up at the dotted line in diagram 2



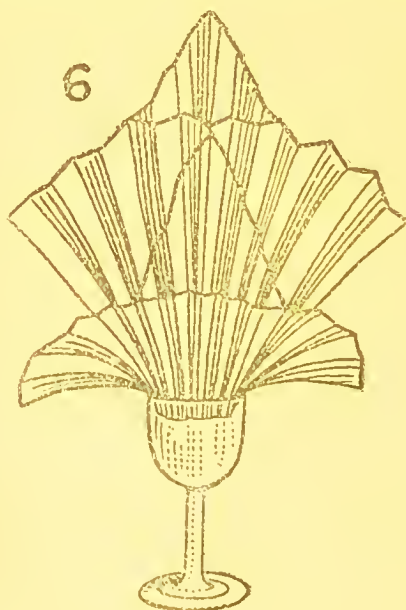
to bring the stars at the lower edge over the corresponding stars on the upper part of diagram 2, thus covering half the triangles formed by folds 3 and 4.

Diagram 4 shows the bottom part of serviette again turned up, as the dotted line in diagram 3 suggests, and the dotted line in diagram 4 shows the position for the seventh and last fold, which is arranged by

turning *back* the top of the fold just made to bring it level with the lower edge, as diagram 5 denotes.

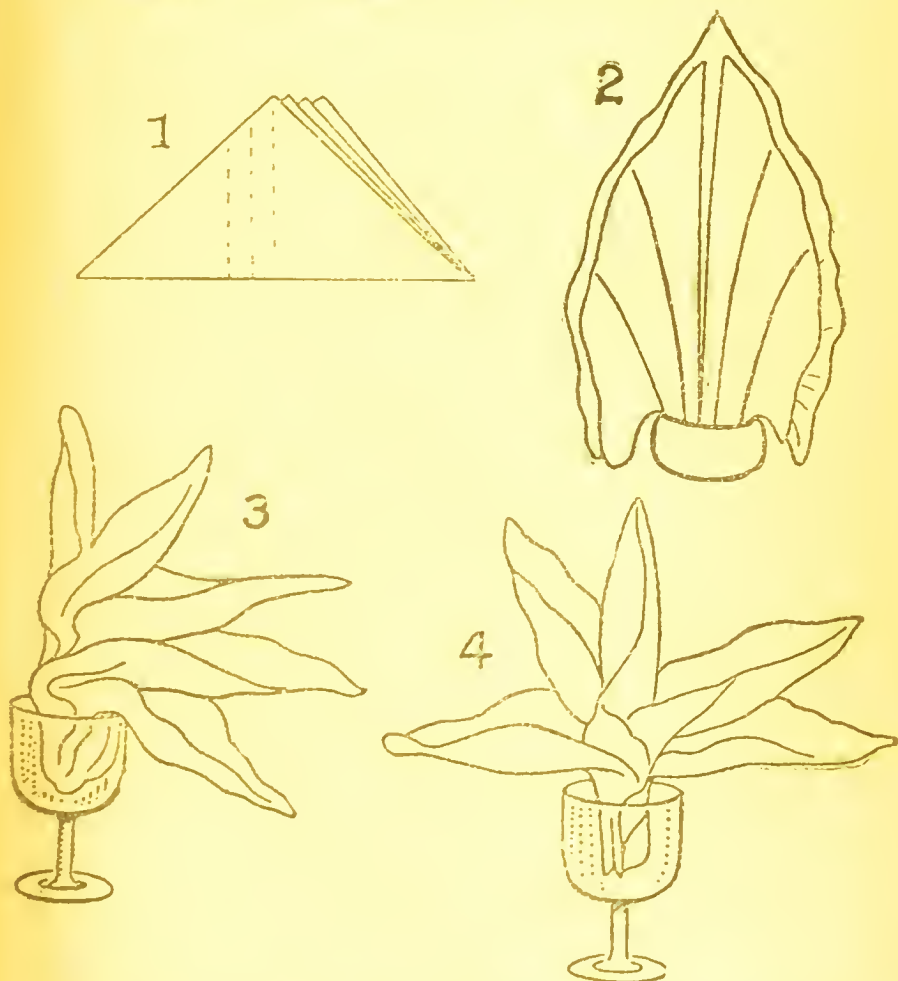


Then pleat up in fan form neatly from each side towards the centre. Press the folds well. Stand in a wineglass as in diagram 6.



3.—ANOTHER USEFUL DESIGN.

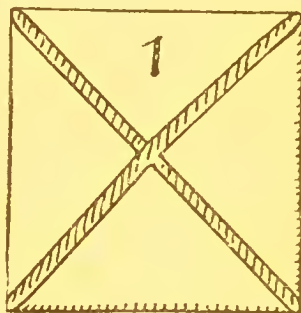
Fold the serviette in four, then diagonally across, and turn two loose corners on to each side ; pleat as in diagram 1 by dotted lines, towards the centre from



each corner. It may then be arranged in a serviette ring as a leaf or fan as in diagram 2 ; or pull down the four leaves as in diagram 3 ; or pull down two leaves on each side as in diagram 4, when it should be firmly placed in a wineglass.

4.—THE ROSE.

Fold the corners over towards the centre as in diagram 1. Repeat. Repeat again. Now turn face downwards and fold corners over towards the centre once more. Now place the fingers or a cup in the



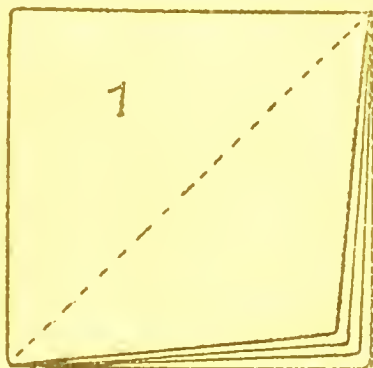
centre and pull the corners up from underneath—three sets of corners—and diagram 2 results. This is very useful for standing round shaped dishes or moulds. If small, useful for individual use.



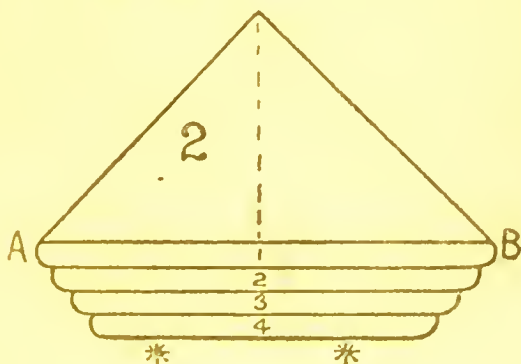
If the corners are folded in towards the centre twice only before reversing, then one set of corners pulled up, the serviette again reversed, and the single corners turned up, a nice receptacle for scones, etc., or a shaped dish is available.

5.—THE ROLL.

Fold the serviette in two evenly; and then in two again so that the four corners are as in diagram 1.

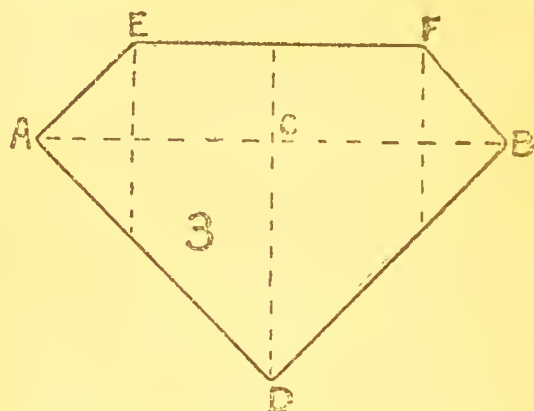


Turn the corners towards you and roll up each separately and tightly towards the dotted line marked in diagram 1, placing a book or some weight to keep it in position till the next roll is finished. Then the four rolls will show as in diagram 2.

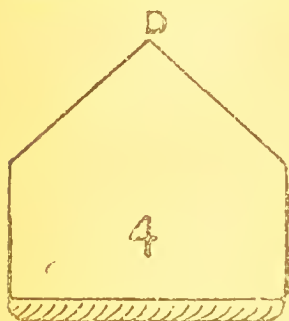


Reverse the serviette, placing thumbs underneath and fingers on top at places marked with the star (*) so that the rolls are underneath as in diagram 3. Fold over the corners at A and B by the dotted lines at E and F, and let them overlap towards C. Then holding them

down with fingers (thumb underneath) at the roll nearest you, turn up and over the point at D on a line



with A B and the roll thereon, when it will appear as in diagram 4 with the rolls still underneath. Reverse and double in the point D in diagram 4 under the rolls



which makes a pocket for bread; and the serviette appears as in diagram 5. A useful design for individual use.

GLOSSARY.

Pukaki or *Pukeko*: Swamp hen found in New Zealand Australia, and Tasmania; an excellent game bird.

Trumpeter: An esteemed edible fish found in Australasian waters.

Pipi: Maori name for a species of clam.

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